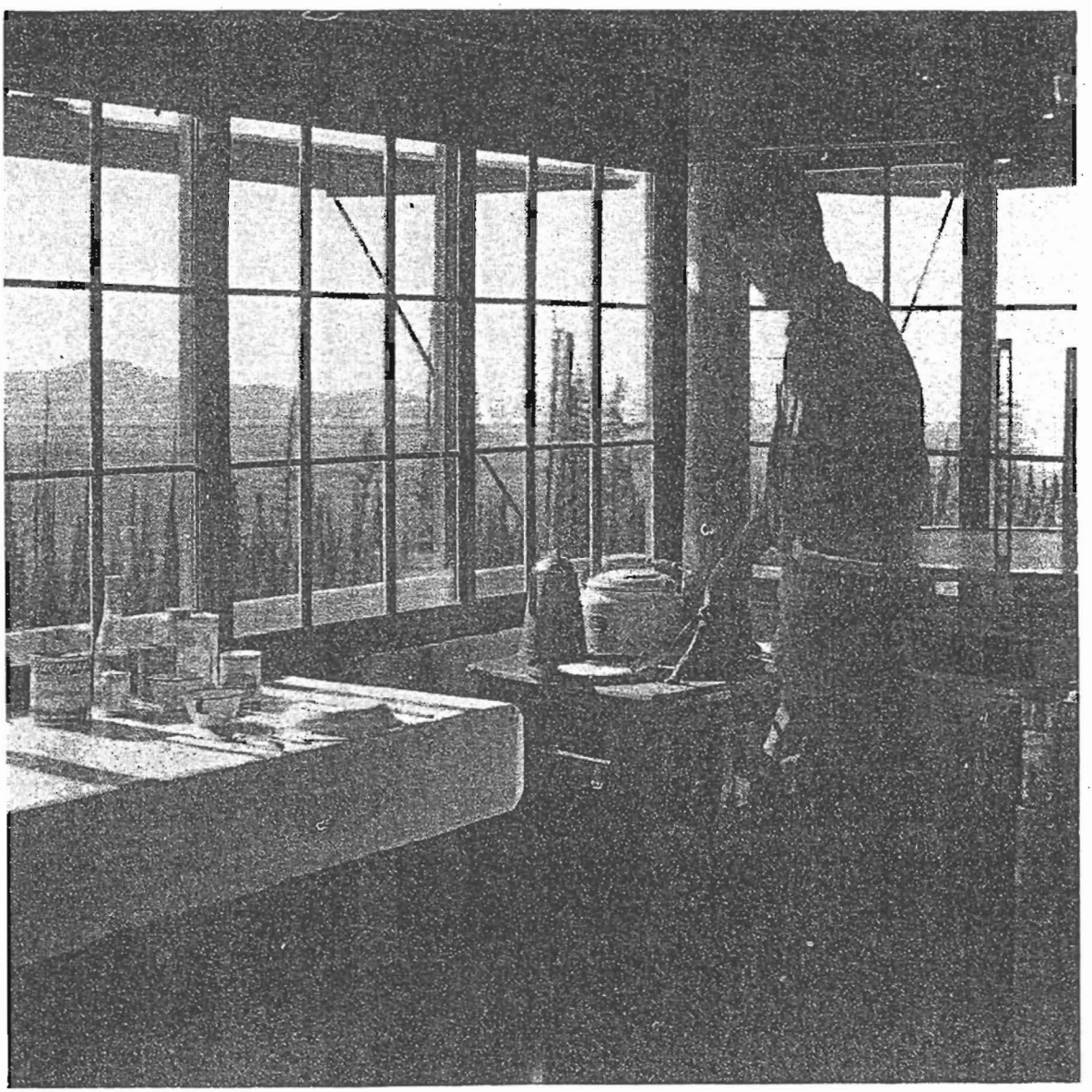
THE LOOKOUT COOKBOOK
REGION ONE



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BREADS

Baking Powder Biscuits

1 cup flour
1 teaspoon sugar (helps brown biscuits)
½ teaspoon salt
2 level teaspoons baking powder
2 tablespoons shortening
1/3 cup milk

Sift flour, sugar, salt and baking powder. Cut in shortening until thoroughly mixed with dry material, gradually add milk, and make into soft dough. Roll ½ inch thick with little flour on board, cut with floured biscuit cutter. (A can top may be used as a biscuit cutter.) Bake in hot oven about 12 minutes or until nicely browned.

Cheese Biscuits

In making cheese biscuits, omit 1 tablespoon of shortening and add ½ can of cheese. Proceed as for baking powder biscuits.

Sweet Potato Biscuits

3/4 cup mashed sweet potatoes
2/3 cup milk
4 tablespoons melted butter
1¼ cups flour
4 level teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt

Mash sweet potatoes, add milk and melted butter. Add dry ingredients which have been sifted together and make into a soft dough. Turn out on floured board, roll out ½ inch thick, cut with floured biscuit cutter, and bake in hot oven about 15 minutes.

Corn Bread

1 egg
2 tablespoons sugar
1 tablespoon melted shortening
½ cup white flour
½ cup corn meal
3/4 cup of sweet milk
2 level teaspoons baking powder
½ teaspoon salt

Sift dry ingredients together. Mix milk and egg together and add to the dry ingredients slowly, mixing well. Add shortening, pour into well-greased pan, and bake in a moderately hot oven.

Sourdough Bread

To make good sourdough bread requires practice. Do not be discouraged if your first few trials are failures. Try again and you will soon acquire the knack of it. Sourdough bread is much more healthful as a steady diet than baking powder bread or biscuits.

To start the sourdough, use an earthen jar, lard bucket, or similar receptacle. Mix 1 cup flour and 2 tablespoons sugar with water to a thin consistency. If quick action is wanted, use part of a cake of yeast (dry or moist) also. Set to one side in a warm (not hot) place until it sours. It will foam up, and may run over the sides of the jar or pail. With practice you can tell when it is sour enough by the smell.

To make bread, take a pan of flour, make a depression in the center of the flour, and pour a quantity of the sour mixture into it. Add a little salt, a little sugar, and a few pinches of soda. Stir together well and knead more flour in until the dough is fairly stiff. Bake in a well-greased pan, having first greased or buttered the tops of the biscuits or bread.

Soda counteracts the acidity of the sourdough. The quantity of soda to use must be learned with practice. Too much soda gives the bread or biscuits a yellow appearance and disagreeable taste.

To replenish the sourdough jar, simply add more flour, sugar and water, stir well, and it will be ready for the next baking.

Excellent hot cakes may also be made with this sourdough batter. Use more sugar than for bread or biscuits. Add a little salt, a pinch or two of soda, stir well, and drop into hot, greased pan. The consistency of the batter should be the same as when making baking powder hot cakes.

Quick White Bread
(1 5- by 10-inch loaf)

3 cups bread flour
2 teaspoons sugar
1½ teaspoons salt
1½ cakes yeast
2 tablespoons lukewarm water
1 cup lukewarm liquid (½ cup milk, ½ cup water)
3 tablespoons melted lard and butter combined

Time from start to finish for this is about 2½ hours. In order to achieve these quick results in cold weather the ingredients must be warmed. Sift the flour before measuring and resift with sugar and salt. Dissolve the yeast in lukewarm water and add to the cup of liquid. Stir the liquid into 1 cup of the sifted ingredients. Beat well. Add remainder of flour mixture, stir in the shortening, and blend these ingredients until the dough is smooth and can be handled. Knead on a board a few minutes and form into a ball. Cover the dough with a cloth and let stand in a warm place for 15 minutes. Knead the dough for about 10 minutes, shape into a loaf, and place in a greased 5- by 10-inch pan. Let rise in a warm place for 1 hour or until double in bulk. Bake for about 40 minutes in a moderate oven.

For dark bread use ½ white and ½ graham, whole wheat or rye flour.

Several variations in bread making may be had by adding chopped nuts, prunes, raisins or cooked dried apricots (no juice).

Two-Hour Rolls

2 tablespoons sugar
2 tablespoons melted shortening
1 beaten egg
3/4 teaspoon salt
1 cup lukewarm liquid (½ cup milk, ½ cup water)
3 cups sifted flour
1 yeast cake (powdered or moist yeast)

Combine all except shortening, which is added after half the flour. Knead until smooth. Let rise until twice its size. Shape into rolls (upon a greased board) and let rise 1 hour. Bake in moderate oven for 20 minutes.

Cinnamon Rolls

Dough (use recipe for Two-Hour Rolls)
1½ teaspoons cinnamon
1/3 cup butter
½ cup brown sugar

Turn dough on floured board and roll out to 1-inch thickness. Spread with melted butter, sprinkle with sugar and cinnamon. Roll dough up into a round cylinder-shaped roll, and cut into 1-inch slices. Place in well greased pan and let rise to double their size. Brush tops with melted shortening and bake in moderate oven for approximately 20 minutes.

French Toast

1 egg
¼ cup water
½ cup canned milk
salt and pepper to taste

Beat egg, add water and milk. Into this dip slices of dry bread and fry them in hot grease. Serve with maple syrup or jam.

Fluffy French Toast

3 eggs
1 tablespoon milk for each egg
salt and pepper to taste

Beat whites of eggs until stiff. Beat yolks separately and add milk and seasoning. Fold whites into yolk mixture; dip slices of bread quickly into this and fry in deep, hot fat. Serve with jam or syrup.

Cinnamon Toast

½ cup sugar
½ teaspoon cinnamon
butter

Mix sugar and cinnamon. Toast slices of bread. While still hot, spread with butter, sprinkle with cinnamon and sugar mixture, and reheat.

Griddle Cakes

1 cup flour
1½ level teaspoons baking powder
2 tablespoons sugar
¼ teaspoon salt
2 eggs, well beaten
2 tablespoons melted butter or shortening
3/4 cup milk

Sift flour together with baking powder, sugar and salt. Combine milk and eggs and add to flour mixture. Stir only until smooth and add shortening. Bake on hot frying pan or griddle. (Makes 12 small cakes.)

Sour Milk Hot Cakes

1½ cups flour
1 teaspoon salt
2 tablespoons sugar
1 level teaspoon soda
1 egg
2 cups sour milk
2 tablespoons melted shortening or butter

Mix flour with salt, soda, and sugar. Then add items as they appear on the list. Mix well and bake on hot griddle or frying pan.

Corn Meal Pancakes

1 cup corn meal
1 tablespoon sugar
1 teaspoon salt
2 cups boiling water
2 tablespoons butter
1½ cups milk
2 level teaspoons baking powder
2 cups flour
1 egg

Mix corn meal, sugar and salt and pour into boiling water. Stir well and let stand until lukewarm. Add milk, melted butter, sifted flour, to which has been added baking powder, then well-beaten egg. Bake in thin cakes on hot frying pan or griddle.

Muffins

¼ cup melted shortening
¼ cup sugar
2 eggs
2 cups flour
3 level teaspoons baking powder
¼ teaspoon salt
1 cup milk
1 cup raisins (optional)

Sift all dry ingredients, add milk, eggs and melted shortening. Mix all together. Stir only enough to mix well or muffins will become tough. Pour into greased muffin tins and bake in very hot oven about 15 to 20 minutes.

Oatmeal Muffins

1 cup fine rolled oats
1 cup sifted flour
4 level teaspoons baking powder
½ teaspoon salt
1 egg
1 cup milk
2 tablespoons melted shortening
2 tablespoons sugar

Mix the dry ingredients. Beat the egg slightly, add the milk, and stir with the melted fat into the dry mixture. Bake in greased muffin pans in a moderately hot oven for 25 to 30 minutes. Serve hot, or when cold, split, butter, and toast before serving.

SOUPS

Bean Soup

1 quart cooked beans
1 cup strained tomatoes (optional)
1 onion, chopped fine
2 quarts of water
3 slices bacon, chopped and fried crisp
3 tablespoons butter or bacon grease
3 tablespoons flour
salt and pepper to taste

Cook first four ingredients until onion is done. Blend flour with melted butter or bacon grease (do not allow to brown), add 1 or 2 cups soup stock and cook 1 minute. Stir in bacon and rest of soup stock and add salt and pepper.

Potato Soup

3 potatoes, diced
1 quart milk
2 tablespoons butter or bacon grease
1 teaspoon salt
2 slices bacon, chopped and fried crisp
¼ teaspoon celery salt (optional)
1 small onion, chopped fine
pepper to taste

Fry chopped bacon, add onions and fry until soft but not browned. Add to diced potatoes, salt, and cover with water. Cook until soft, add milk and season to taste.

Tomato Soup

1 can tomatoes
1 onion, chopped fine
½ cup water
½ cup canned milk
1 teaspoon salt
¼ teaspoon soda
pepper to taste
1 tablespoon butter

Cook tomatoes and onion for 10 minutes. Heat milk, butter and seasoning - do not boil. Add soda to tomatoes, then add mixture slowly to milk. Fried bacon may be added.

Chili Soup

1 can of tomatoes
2 onions, chopped fine
1 can roast beef
1 can red beans
salt and pepper to taste
1 tablespoon fat

Brown onions in fat. Dice beef and add to onions. Cook about 10 or 15 minutes and add to cooked beans. Add tomatoes, season to taste, and bring to a boil.

Cream of Corn Soup

1 can corn
2 tablespoons butter
2 tablespoons flour
2 cups milk
salt and pepper to taste
celery salt (optional)

Chop corn. Add milk to corn and heat. Mix flour and butter, add 4 tablespoons milk and blend well. Add to hot mixture and cook to thickness desired. Before serving add seasoning.

Soup Stock

Crack any large bones such as knuckles, put in large kettle, add salt, onion and celery, and cover with cold water. Bring to boil and simmer slowly for several hours. Let cook, skim fat from top, remove bone, and store in cool place.

Vegetable Soup

2 raw carrots, diced
1 onion, chopped fine
2 raw potatoes, diced
½ cup canned peas
2 cups tomatoes
2 quarts stock (see recipe above)
salt and pepper to taste

Heat stock, add vegetables, simmer 1 hour. Add seasoning. Serve very hot. (Left-over vegetables may be used.) If desired 1½ cups sour cream may be added to soup about 5 minutes before serving.

Onion Soup

12 onions
1 tablespoon flour
1 tablespoon butter
grated cheese
celery salt (optional)
3/4 quart stock (see recipe above)
salt and pepper to taste

Peel onions under water, slice thin. Fry in butter until brown. Add flour to onions, blend. Combine mixture with stock and heat. Add a little cheese and serve hot.

EGG AND CHEESE DISHES

Scrambled Eggs

3 eggs (or 3 tablespoons dry eggs)
½ cup milk
salt and pepper to taste

Mix well-beaten eggs and milk and add salt and pepper. Pour into hot, greased frying pan and stir until eggs are creamy but not dry.

Small pieces of fried ham, bacon, frankfurters or corn may be added to the above dish if desired.

Baked Eggs

Break eggs into buttered baking dish and season to taste. Cover eggs with a tablespoon of cream or undiluted canned milk. Add diced or sliced pieces of cheese in desired quantity. Bake in moderate oven 10 minutes and serve with hot, buttered toast.

Poached Eggs on Toast

Boil water vigorously. Drop 1 egg from saucer into boiling water, lower heat. With spoon dip boiling water over egg. Cover pan for 2 minutes. Remove egg and serve on buttered toast. Add butter, salt and pepper to taste. Adding about 1 teaspoon of salt or a few drops of vinegar to the boiling water before dropping egg in helps to hold egg together. (Stale eggs will not poach.)

Omelet

3 eggs
salt and pepper to taste
3 tablespoons undiluted canned milk
1½ tablespoons melted butter

Beat yolks until creamy, add seasoning and milk. Beat whites of eggs until stiff, cut and fold into yolk mixture. Heat butter in frying pan, pour in omelet and cook slowly. When set and slightly brown, place in oven to dry top. Fold and serve immediately. Jelly or jam may be spread over the omelet just before folding, if desired.

Perfection Omelet

3 eggs
3 teaspoons cornstarch (scant)
½ teaspoon baking powder
½ cup milk
salt and pepper to taste
cheese or cooked ham or bacon

Beat egg yolks, add cornstarch dissolved with little milk, add rest of milk and salt. Beat egg whites stiff, add baking powder. Blend all together. Pour into hot, greased skillet and bake 20 to 30 minutes in moderate oven. Chopped crisp bacon, cooked ham, or cheese may be used in omelet.

Fish Omelet

Use cooked fish such as canned salmon. Chop fine, season with salt and pepper, moisten with a little cream, and heat. Spread on the omelet before folding.

Macaroni and Cheese

½ package macaroni
2 tablespoons butter
1 tablespoon flour
salt and pepper to taste
½ cup milk
½ cup finely cut cheese

Cook macaroni in 3 cups boiling water and 1 teaspoon salt until tender. Drain. Melt butter, add flour and seasoning and blend thoroughly. Pour in milk and stir until thick and smooth, add cheese and stir until cheese has melted. Put macaroni and cheese sauce alternately in layers in baking pan. Diced ham may be sprinkled over mixture before baking. Bake in moderate oven until brown.

Baked Eggs and Rice in Tomato Sauce

½ cup uncooked rice
1 pint canned tomatoes
3/4 teaspoon salt
1 bay leaf (optional)
1 onion
4 cloves (optional)
2 tablespoons melted butter or other fat
2 tablespoons flour
5 eggs
2 tablespoons grated cheese
1 cup buttered bread crumbs

Cook the rice in 1 pint of boiling salted water until water is absorbed. Rinse starch from rice with hot water to make it fluffy. Prepare a sauce by cooking the tomatoes and seasonings for 10 minutes and thicken with the blended fat and flour. Make a layer of the rice in a shallow greased baking dish, drop the raw eggs carefully on the rice, pour on the sauce, and sprinkle the grated cheese mixed with the buttered bread crumbs over the top. Bake in a slow oven until the eggs are set.

FISH

Salmon Loaf

1 small can of salmon
1 cup bread crumbs
salt and pepper to taste
1 egg
1 cup milk
1 tablespoon melted butter

Mix, place in buttered baking dish, and bake until firm and browned.

Left-over baked potatoes (mashed) may be substituted for bread crumbs to make loaf more moist. A teaspoon of chopped onion may be added if desired.

Creamed Salmon With Peas on Toast

1 small can peas
1 small can salmon
3 tablespoons flour
2 cups milk
2 tablespoons butter
salt and pepper to taste

Blend flour and butter, add milk, and season. Cook until mixture thickens, stirring constantly. Add salmon and peas and cook about 5 minutes. Serve on slices of crisp toast.

Salmon Cakes

1 can salmon
2 cups cold mashed potatoes
1 egg
salt and pepper to taste

Drain juice from salmon and mix well with potatoes and egg. Shape into flat round cakes and brown in hot fat.

Salmon Wiggle

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ cup drained peas
½ can salmon
salt and pepper to taste
1 batch of biscuits

Blend flour and butter, add milk, and season. Cook until thickened. Add peas and salmon. Serve on hot biscuits.

Salmon Croquettes

1 cup canned salmon
1 tablespoon butter
1 tablespoon flour
½ cup milk
1 teaspoon lemon juice (optional)
salt and pepper to taste
paprika to taste

Make cream sauce with butter, flour, milk, salt and pepper, cooking until thick. Put salmon into bowl, add sauce and lemon juice; mix well with fork until salmon is well broken. Set aside; when cold, mold into desired shape, roll in bread crumbs and dip in egg beaten with 1 tablespoon cold milk, then in bread crumbs. Let dry an hour. Fry in deep, hot fat. Serve with butter sauce. (Ground chicken may be used instead of salmon.)

Butter sauce. Melt over low heat ½ cup butter, add and blend in 1 tablespoon flour, 2 tablespoons milk, 1/8 teaspoon salt, and 2 tablespoons chopped parsley. Stir constantly until thickened.

Creamed Tuna Fish

1 tablespoon butter
1 tablespoon flour
1 cup milk
1 cup cream
¼ teaspoon paprika
¼ teaspoon salt
2 eggs, beaten
¼ teaspoon celery salt (optional)
1½ cups tuna fish
salt and pepper to taste

Melt butter, add flour and blend well, add milk and cream mixed with beaten eggs a little at a time. Cook until mixture thickens. Add tuna and seasoning. Cook about 5 minutes. Serve on buttered toast.

Fish Pie

2 tablespoons butter
2 tablespoons flour
1 cup milk
½ can salmon
cooked vegetables
salt and pepper to taste

Blend melted butter and flour, add milk and season. Cook until thickened. Add salmon and cooked vegetables (such as potatoes in small diced pieces, fried chopped onion, peas, carrots), put in buttered baking dish, cover with bread or cracker crumbs or biscuit dough, and bake until brown in moderate oven. (Roast beef cut in small pieces may be substituted for the salmon.)

Baked Oysters and Bacon

1 clove of garlic (optional)
4 tablespoons butter
1 cup bread crumbs
¼ teaspoon salt
1/8 teaspoon paprika
1 pint oysters, drained
strips of bacon cut into 1-inch pieces
pepper to taste

Rub skillet with the garlic, melt the butter in the skillet. Stir and brown the bread crumbs in the butter and season with the salt and paprika. Place the oysters in a baking dish and cover them closely with the crumbs and bacon pieces. Bake in a hot oven until the bacon is crisp.

MEATS, GRAVIES AND SAUCES

Sliced Smoked Ham

Rub thick slice of ham with a mixture of 2 tablespoons flour, 4 tablespoons brown sugar. Place in baking dish, add juice from small can of pineapple, and bake in moderate oven 1 hour.

Boiled Ham With Vegetables

Shank end of ham
4 small potatoes
1 head cabbage, cut in 4 pieces
3 to 4 carrots
salt and pepper to taste

Place ham in cold water, simmer 1 hour. Drain. Add fresh water to cover and cook until nearly tender. Add potatoes, cabbage, carrots and seasoning and cook 30 minutes. Remove vegetables carefully to avoid breaking.

Italian Ham

1 pound sliced ham
½ pint canned tomato juice
4 small peeled onions
pepper to taste

Cut ham 1 inch thick. Place in a covered frying or roasting pan. Slice onions over ham and add tomatoes, pepper and ½ cup water. Cover and bake 1 hour in a moderate oven. Remove ham to platter and prepare a gravy of the tomato juice and drippings by adding thickening. (A tablespoon of flour mixed with a little cold water, enough to make a thin paste, to a cupful of gravy.)

Baked Ham and Sweet Potatoes

Mash 1½ cups sweet potatoes and season with salt and pepper to taste. Add a little canned milk, enough to make potatoes hold their shape, and a teaspoon of melted butter. Cut two slices of canned ham ½ inch thick, putting 1 slice in bottom of baking pan. Spread on mashed sweet potatoes and place other slice of ham on top of potatoes. Mix ½ cup of syrup and a tablespoon of butter. Put a few spoons of this over the ham every 10 minutes. Bake for 30 minutes in a moderate oven.

Baked Ham and Irish Potatoes

Place a thick slice of ham in a baking dish. Add thinly sliced raw potatoes which have been sprinkled lightly with flour. Pour over them enough hot milk to cover, add the lid, and bake slowly for about 1½ hours, or until the potatoes and ham are thoroughly cooked. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little milk from time to time during cooking, and toward the end remove the lid to let the potatoes brown on top.

If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk will soften the ham and make it more tender when cooked.

Ham Casserole

Slice of ham (1 inch thick)
3 whole cloves (optional)
3 cooking apples
brown sugar
butter
1 cup water

Spread sugar over ham, dot with butter, place in buttered baking dish. Cover with sliced apples, sprinkle with brown sugar, add dots of butter. Pour water over mixture. Bake in moderate oven until ham is tender.

Meat Pie

1 can beef stew (or use roast beef)
1 small onion, cut fine
2 tablespoons butter
salt and pepper to taste

Place above ingredients in buttered baking dish, cover with gravy made with meat drippings and 2 tablespoons flour. Any small amounts of left-over vegetables such as carrots, potatoes, string beans, peas, etc., may be added to the stew mixture if desired. Left-over meat, such as ham, roast beef and fried bacon cut in small pieces may also be added. Make biscuit dough, using:

1½ cups flour
4 tablespoons shortening
3/4 cup milk
3 level teaspoons baking powder
3/4 teaspoon salt

Sift flour, salt and baking powder together. Work shortening into mixture. Slowly add milk and make into soft dough. Roll to ½-inch thickness and place over meat. Bake in hot oven until brown.

Shepherd's Pie

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potatoes. Fill the center with well-seasoned, slightly thickened beef stew without potatoes, with creamed chicken, or fish. Cover the top with mashed potatoes and bake until the pie is hot through and lightly browned on top. A small amount of baking powder or a well-beaten egg adds to the lightness of the potatoes.

Pigs in Blankets

Fold frankfurters or canned vienna sausages into biscuit dough and bake until brown. Make a cream gravy and pour over frankfurters. Serve hot.

Pigs in Blankets de Luxe

Gash frankfurters lengthwise. Put a thin slice of cheese in each gash and spread a little mustard on each side of the cheese. Then roll each frankfurter in a slice of bacon. Secure the bacon at each end with toothpicks. Broil or bake the frankfurters until the bacon is crisp.

Meat Loaf

1 tablespoon melted butter
1 tablespoon flour
1 cup milk
1 egg, beaten
1 cup chopped cooked meat or meat and vegetables
½ cup bread crumbs
2 teaspoons chopped parsley (optional)
½ teaspoon onion juice or 1 tablespoon minced onion
¼ teaspoon salt

Prepare cream sauce by blending melted butter and flour and adding milk. Cook until thickened and cool slightly. Beat in the egg. Add meat, bread crumbs, parsley, onion and salt and mix well. Place these ingredients in a greased baking dish and bake in a moderate oven for 45 minutes.

Meat Croquettes

Any left-over cooked meat, ground
1 to 2 tablespoons flour
2 tablespoons butter
cracker crumbs
1 cup milk
1 egg
salt and pepper to taste

Make a white sauce by blending melted butter and flour and adding milk. Cook until mixture thickens. Add seasoning, moisten meat with sauce, form into croquettes, let stand 30 minutes. Roll in fine cracker crumbs, dip into beaten egg, again in cracker crumbs. Fry in deep hot fat. Serve with or without tomato sauce. (For sauce, see page 15.)

Beef and Bean Stew

2 cups canned kidney or lima beans
1 cup canned tomatoes
1 pound boneless stewing meat (or use can of roast beef)
4 slices diced bacon
1 onion, minced
celery salt (optional)
salt and pepper to taste

Fry bacon and add diced meat, beans, tomatoes and seasoning. Place in buttered baking dish, cover and cook slowly about 2 hours. (If canned roast beef is used, cooking time may be reduced to 1 hour.)

Mulligan Stew

1 can roast beef, cut fine
1 can each of peas, corn, tomatoes and string beans
2 large potatoes, diced
2 small onions, diced
salt and pepper to taste
1 cup catsup
1 tablespoon butter

Combine ingredients and cook slowly for 1 hour. Add 2 tablespoons flour mixed with a little cold water and cook a few minutes longer to thicken.

Shipwreck

This recipe may be made in larger or smaller amounts, but for six people (such as when the ranger or some of the "big shots" are arriving) the following amounts may be used:

2 large onions
4 potatoes
4 stalks of celery or celery salt (optional)
1 pound hamburger
1 can tomatoes
1 small can kidney beans
salt and pepper to taste

Into baking pan put two layers of each of the following ingredients: raw sliced potatoes, raw sliced onions, chopped celery or sprinkle generously with celery salt, browned hamburger, and salt and pepper. Over this pour tomatoes. Cover and cook 2 hours. Add kidney beans on top about ½ hour before serving.

Corned Beef Hash

2 tablespoons butter
¼ cup chopped onions
1½ cups boiled potatoes, diced
1½ cups canned corned beef, diced

Melt the butter and fry the onions in it. Add the potatoes and corned beef. Stir the mixture, then brown over slow heat. Serve with poached eggs.

Baked Corned Beef

1 can corned beef
whole cloves (optional)
¼ cup brown sugar
1 teaspoon chili powder
2 tablespoons chopped pickle

Remove corned beef, whole, from the can and stud it with cloves. Make a paste by stirring a little water into the sugar and chili powder. Add pickle. Spread the beef with the paste. Bake in a moderate oven about 10 minutes or until nicely brown.

Corned Beef and Cabbage

1 can corned beef
3 small onions
3 small carrots
1 small head cabbage
2 cups hot water

Peel, quarter and add the carrots and onions to water. Cook for 30 minutes. Add the cabbage, which has been cut into wedges, place sliced corned beef on vegetables, cover, and cook for 15 minutes more.

Dried Beef in Cheese Sauce

1 cup cheese sauce
4 ounces or more chipped beef, shredded

Prepare cheese sauce (see recipe on page 15) and add chipped beef to it. Heat and serve over corn bread squares, biscuits or toast.

Creamed Dried Beef

1½ tablespoons flour
1½ tablespoons butter
pepper to taste
½ pound dried beef, shredded
1¼ cups milk
¼ cup cream

Blend flour and butter in hot pan, add milk, cream. Stir and cook until quite thick. Add beef to hot cream sauce and serve on toast or biscuits.

Quick Dried Beef Dish

2 tablespoons butter
1 tablespoon flour
1½ cups milk
½ teaspoon salt
5 sweet potatoes, cooked or canned
¼ pound dried beef
¼ cup chopped onion
crushed corn flakes
pepper to taste

Blend flour and butter in hot pan and add milk. Cook until mixture thickens. Cut the potatoes into cubes and shred the dried beef. Add onions to cream sauce. Place these ingredients in layers in a greased casserole, cover the top with corn flakes, and dot with butter or sprinkle with cheese. Bake in a moderate oven for 30 minutes.

Scrapple

½ pound bacon
2 cups water
3/4 cup corn meal
1 teaspoon salt
1 teaspoon onion juice
2 tablespoons minced parsley (optional)

Chop bacon. Fry lightly in hot skillet. Heat water to boiling in a saucepan. Stir in corn meal. Add bacon and seasonings. Cook over low heat until very thick, stirring constantly. Transfer to loaf pan (3 x 7 inches) and chill several hours or overnight. Cover with waxed paper to keep crust from forming.

Cut into thin slices. Dip in flour or beaten egg and crumbs and fry in bacon fat in hot skillet. Serves 4 to 6.

For a complete meal serve with scrambled eggs and fried apple slices.

Brown Gravy

1 tablespoon butter or fat in which meat was cooked
1 tablespoon flour
1 cup beef broth or boiling water
salt and pepper to taste

Place fat in pan, add flour and brown, add liquid and stir until smooth and thick. Season to taste and simmer for 5 minutes.

Cream Gravy

2 tablespoons fat
2 tablespoons flour
1½ cups milk
salt and pepper to taste

Melt fat in pan, add flour, blend, add milk and stir constantly until thickened.

Cheese Sauce

2 tablespoons butter
2 tablespoons flour
1½ cups milk
1 cup or less mild cheese, grated or diced
½ teaspoon salt
1/8 teaspoon paprika
a few grains cayenne pepper
½ teaspoon dry mustard

Melt the butter in a saucepan, stir in the flour until blended, then stir the milk in slowly. When the sauce is smooth and boiling reduce the heat and add the cheese and seasoning. Stir the sauce until the cheese is melted. (Makes about 2 cups.)

Tomato Sauce

2 cups canned tomatoes
2 slices onion
1 teaspoon sugar
1 bay leaf
2 whole allspice
2 whole cloves
flour
butter or other fat
salt and pepper

Simmer the tomato, onion, sugar, and spices for 10 minutes. Strain and measure the liquid. For each cup of liquid blend 1 tablespoon flour and 1 tablespoon melted fat, add to the tomato juice with salt and pepper to season, and stir until thickened. Continue to cook for 5 to 10 minutes. Serve hot with meat loaf or croquettes.

Quick Tomato Sauce

1 can condensed tomato soup
salt and pepper to taste

Heat soup and add seasoning.

Quick Tomato Cheese Sauce

1 can condensed tomato soup
¼ teaspoon salt
1 cup or more grated cheese
¼ teaspoon pepper or paprika

Heat the soup and add the seasoning. Stir and cook these ingredients until they are hot. Add the cheese and stir until the cheese is melted.

VEGETABLES

Fried Apples

4 cooking apples
3 tablespoons fat
¼ cup brown sugar

Wash and core apples, cut into wedges. Fry in hot fat in skillet until brown. Add 2 to 3 tablespoons of water, cover and simmer until tender. Stir in brown sugar and cook a few minutes longer. Serves 4 to 6.

Asparagus on Toast

Leave the stalks of canned asparagus whole or cut into 2-inch pieces. Heat, drain, and arrange neatly on slices of buttered toast. Sprinkle with salt and pepper, pour melted butter or other fat over the top, and serve.

Add a poached egg (page 7) on top and a bit of hot milk and you have a meal in one dish.

Scalloped Asparagus and Spaghetti

1½ cups spaghetti broken in small pieces
1 pint canned or cooked asparagus and liquid
2 tablespoons flour
2 tablespoons melted butter
1 cup rich milk
4 drops tabasco sauce (optional)
½ teaspoon salt
1 cup buttered bread crumbs

Cook the spaghetti in salted, boiling water for 20 minutes and drain. Drain the liquid from the asparagus and cut the stalks in short pieces. Prepare a sauce of the flour, fat, milk, and asparagus water, and add the tabasco sauce and salt. In a greased baking dish put a layer of the cooked spaghetti, then one of asparagus, cover with the sauce, and continue until all the ingredients are used. Cover the top with buttered bread crumbs. Bake in a moderate oven for about 20 minutes or until the crumbs are golden brown.

Home Baked Beans

1½ cups navy beans
salt and pepper to taste
1 teaspoon mustard
1 small onion (optional)
2 tablespoons shortening
½ cup catsup
3 tablespoons brown sugar or 3 tablespoons molasses

Soak beans overnight in cold water, drain. Cover with cold water and cook until soft. Put beans in buttered baking dish. Small onion in middle of pot adds flavor. Mix other ingredients and pour over beans. Place slices of bacon on top. Bake slowly about 3 hours. If necessary, boiling water may be added to beans occasionally. In adding water be sure it is boiling hot, otherwise it hardens the beans.

Scalloped String Beans

Drain the liquid from canned or cooked string beans and put them in a shallow, greased baking dish. Cover with tomato sauce, sprinkle with buttered bread crumbs mixed with grated cheese, and bake in a moderate oven until the sauce bubbles and the crumbs are brown. (For tomato sauce see page 15.)

Harvard Beets

1 can beets, diced or sliced
½ cup sugar
1 tablespoon cornstarch
½ teaspoon salt
½ cup vinegar
2 tablespoons butter

Mix sugar, cornstarch and salt, add vinegar. Boil sauce for 5 minutes, stirring constantly. Add butter and pour sauce over beets. Let stand for a few minutes and serve.

Scalloped Cabbage, Spaghetti, and Cheese

1½ cups spaghetti broken in small pieces
2 tablespoons flour
2 tablespoons butter or other fat
2 cups milk
1 teaspoon salt
½ pound cheese
1 quart shredded cabbage
1 cup buttered bread crumbs

Cook the spaghetti in boiling, salted water for 20 minutes and drain. Make a sauce of the flour, fat, milk, and salt. Shave up the cheese, add to the hot sauce, and stir until melted. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake in a moderate oven for 20 to 30 minutes or until crumbs are brown.

Stuffed Cabbage Leaves

Combine 1 cup cooked, ground meat and ½ cup cooked rice. Moisten with a little gravy or blend together with a beaten egg. Season to taste. Put a small amount on each cabbage leaf and roll up. Fasten with toothpicks. Place bundles in frying pan containing 2 to 3 tablespoons hot fat. Brown surface lightly. Add ½ cup water, cover tightly, and simmer 10 minutes. Makes 6. (For cooked rice see page 22.)

Carrots and Peas

1 cup canned or cooked carrots
1 cup canned peas
1 tablespoon butter
1 tablespoon flour
1 cup milk
½ teaspoon salt
1/8 teaspoon pepper
1 teaspoon sugar

Combine carrots and peas, heat, and serve with melted butter. Or make a sauce of the flour, butter, milk, sugar and seasoning and add carrots and peas. Serve hot.

Glazed Carrots

1 bunch carrots
3 tablespoons butter
3 tablespoons sugar
½ teaspoon cinnamon

Scrape carrots, split lengthwise, and cook in a small amount of boiling, salted water until tender. Drain. Add mixture of butter, sugar and cinnamon and simmer over very low heat until well glazed.

Corn and Macaroni

1 cup cooked macaroni
3/4 cup medium white sauce
½ cup canned corn
salt and pepper to taste
3 slices chopped bacon

Prepare a white sauce, add cooked macaroni, corn and seasoning. Pour into buttered baking dish and add a layer of bacon. Bake 15 minutes in a moderate oven or until bacon is crisp. (For white sauce see page 24.)

Scalloped Corn

1 cup canned corn
1 beaten egg
1 cup milk
½ cup bread or cracker crumbs

Left-over corn may be used. Combine corn, egg, bread or cracker crumbs, milk, salt and pepper. Put in buttered baking dish and bake in a moderate oven until firm or set.

Corn, Tomatoes, and Cheese on Toast

3 tablespoons flour
3 tablespoons melted butter or other fat
2 cups canned tomatoes
½ pound sharp cheese, shaved thin
1 onion, sliced
2 cups canned corn
1 teaspoon salt

Brown the onion in the fat, add flour and mix thoroughly. Add the other ingredients except the cheese and cook for about 10 minutes. Stir in the cheese and when melted serve on crisp toast.

Apple Fritters

1 cup milk
2 eggs
1 teaspoon sugar
½ teaspoon salt
2 cups flour
1 level tablespoon baking powder
canned apples

Beat egg yolks, add sugar and beat, add milk. Stir this mixture into flour that has been mixed and sifted with the baking powder and salt. Fold in the stiffly beaten egg whites. Add sliced canned apples, covering well with batter. Drop by spoonfuls into deep fat and fry. Roll in sugar or serve with syrup. Makes dessert or good just plain with pork or fowl.

Corn Fritters

1 cup flour
½ cup milk
½ teaspoon salt
2 eggs, beaten
1 small can corn
1 teaspoon melted butter
1 teaspoon baking powder
pepper to taste

Chop the corn very fine and add salt, pepper, well-beaten eggs, butter, milk, flour and baking powder. Beat well. Drop by spoonfuls into deep fat and fry.

Hominy Cakes

2½ cups canned hominy
2 tablespoons flour
1 beaten egg
salt to taste
paprika (optional)
butter or drippings

Drain hominy and combine with flour, egg, salt and paprika. Form these ingredients into flat cakes. Place the cakes in hot buttered skillet and brown. Serve them hot with honey or syrup.

French Fried Onions

Onions
1 cup flour
salt to taste
2/3 cup milk
1 tablespoon melted butter
2 eggs, beaten

Peel onions under water, slice thin, separate into rings, and let stand in a bowl of milk for 15 minutes. Drain well. Dip into a batter made from the eggs, salt, butter, milk and flour and fry in deep, hot fat. Or rings may be dipped only in flour and fried as above.

Stuffed Onions

Onions
canned mushrooms (optional)
cream
meat, sausage, or peas for filling
½ cup fine bread crumbs
salt and pepper to taste
celery salt (optional)

Cook onions in boiling, salted water in uncovered pan until tender. Drain, cool, remove center without disturbing outer shell. Fry mushrooms in butter, chop with onion center, add bread crumbs, meat, and cream to moisten. Fill onion shells, cover with buttered bread crumbs and put in buttered baking dish. Bake about 20 minutes, with little hot water and butter.

Potatoes Au Gratin

1½ cups milk
2 tablespoons flour
2 tablespoons butter or other fat
1 teaspoon salt
¼ pound grated cheese
4 cups cooked, diced potatoes
1 cup buttered bread crumbs

Prepare a sauce with the fat, flour, milk and salt. Add the cheese and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the buttered bread crumbs. Bake in a moderate oven for 20 to 30 minutes or until the crumbs are golden brown and the potatoes are thoroughly heated.

Baked Potatoes

Wash 4 medium-sized potatoes, remove bad spots. Dry and grease lightly with lard or butter. Bake in a moderate oven 50 minutes or until soft.

Stuffed Baked Potatoes

3 large flat potatoes
2 tablespoons hot milk
1 tablespoon butter
salt and pepper to taste

Bake potatoes as shown above. Remove from oven, cut lengthwise, and scoop out potato. Mash potatoes, add butter, seasoning, and whip potatoes. Grated cheese added to mashed potatoes adds a great deal. Refill shells, sprinkle with paprika or grated cheese, and return to oven for 3 or 4 minutes to heat and brown slightly.

French Fried Potatoes

Wash, peel and cut potatoes into eights lengthwise. Dry potatoes in towel and fry in deep, hot fat. Drain on soft paper, sprinkle with salt, and serve.

Hashed Brown Potatoes

Chop cold, boiled potatoes fine. Season with salt, pepper and minced onion (chopped green pepper and pimento may be added if desired). Have fat about 1/8-inch deep in frying pan. When hot, add potatoes and cook slowly, stirring occasionally until brown. Cover pan potatoes are frying in for the first part of cooking.

Fried Potatoes and Onions

Peel and slice 2 or 3 potatoes. Peel and slice 1 onion. Place potatoes and onions in hot, greased skillet, season and cover. Turn often to prevent sticking, allow to soften and brown evenly. Serve at once.

Mashed Potatoes

Pare and boil potatoes. When done, drain, then mash until fluffy, add a heaping tablespoon of butter, salt, pepper to taste, and about 2 tablespoons of hot milk. Beat until creamy. Left-over mashed potatoes may be browned in fat for the next meal.

Potato Patties

Left-over mashed potatoes may be used to make potato patties. Beat an egg into the potatoes, drop by spoonfuls into a hot, greased frying pan. Fry until golden brown.

Pot Luck

Put small pieces of raw potato in baking pan (the amount depending on number being served), add 1 sliced onion, 1 small can tomatoes, salt and pepper. Add enough water to cover. Place sliced bacon on top, cover and bake until potatoes are soft. Remove cover and brown bacon.

Scalloped Potatoes

2 large or 4 small potatoes
2 cups milk
cheese
2 tablespoons butter
1 medium-sized onion
salt and pepper to taste

Wash, peel and slice potatoes and onion thin. Place layer of potatoes, dot with cheese and several slices of onion. Add seasoning. Repeat and on top of this put a layer of cheese. Cover with milk and bake in a moderate oven until potatoes are soft.

Candied Sweet Potatoes

1 can sweet potatoes
¼ cup brown sugar
butter
cream

Split potatoes lengthwise, place in greased baking pan, and sprinkle with brown sugar. Place a piece of butter on each potato, moisten sugar with plenty of cream, and add a little boiling water in bottom of pan. Bake in a moderate oven about ½ hour.

Pineapple or orange juice used instead of cream with the sugar gives sweet potatoes a wonderful flavor.

Sweet Potatoes and Apples

Slice about 1 cup each of canned potatoes and apples. Mix together, add 1 cup water or juice from the apples. Sprinkle the top with 2 or 3 tablespoons sugar and bake in a moderate oven about ½ hour.

Boiled Rice

1 cup rice
1 quart water (4 cups)
1 teaspoon salt

Wash and drain rice. Boil water and add salt. Stir the rice slowly into the water so as not to disturb the boiling. Cook it without stirring until the water is absorbed. Rinse starch from cooked rice with hot water to make it fluffy.

Spanish Rice

½ cup uncooked rice
1 can chopped roast beef
2 cups canned tomatoes
2 large onions, sliced thin
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar

Cook rice according to recipe above. Fry onions in a greased frying pan until onions turn yellow, add roast beef. Cook together about 20 minutes. Add cooked rice and tomatoes, season, and stir well. Pour mixture in a greased pan, add a little water, cover and bake in a moderate oven about ½ hour.

For variety, try substituting 1 cup of grated cheese for the can of roast beef. This can be combined with the rice and tomatoes before they are added to the onions. A chopped green pepper fried with the onions is also good.

Spinach

1 can spinach
3 tablespoons melted butter
salt and pepper to taste

Mix spinach, butter, and season to taste. Heat. May be garnished with sliced, hard-boiled eggs.

Spinach de Luxe

2 slices bacon
8-ounce can spinach
½ teaspoon salt
1 tablespoon melted butter

Dice bacon and fry until lightly browned. Add spinach, which has been drained, butter and salt, and cook until well heated.

Baked Acorn Squash

1 acorn squash
butter
1/8 teaspoon salt
paprika (optional)
1 tablespoon brown sugar

Cut squash into halves, remove seeds, and rub inside and out with butter. Season each half with salt, paprika, and brown sugar. Bake in a moderate oven for 45 minutes or until done.

Succotash

1 cup cooked corn
1 cup cooked lima beans
2 tablespoons butter
¼ cup cream or rich milk
½ teaspoon salt
1/8 teaspoon paprika (optional)
chopped parsley (optional)

Combine the corn, beans and cream and heat. Add butter, salt, paprika and parsley and serve.

Scalloped Tomatoes

1 can tomatoes
few drops onion juice
salt and pepper to taste
1 teaspoon sugar
buttered bread crumbs

Drain off some of liquid on tomatoes. Cover bottom of buttered baking dish with bread crumbs. Add seasoning to tomatoes and place in baking dish. Cover with buttered crumbs and bake in hot oven until crumbs are nicely browned.

Stewed Tomatoes

1 cup tomatoes
1 teaspoon minced onion
½ teaspoon salt
pepper to taste
½ tablespoon sugar
½ tablespoon flour
½ tablespoon butter

Combine all ingredients, first mixing flour and sugar. Simmer 10 minutes.

This recipe may be varied by using fine bread crumbs or rolled cracker crumbs in place of the flour to slightly thicken the tomatoes.

Tomatoes and Macaroni

½ package macaroni
1 teaspoon salt
1 can tomatoes
1 teaspoon sugar
1 tablespoon butter or bacon grease
pepper and salt to taste
½ onion, cut fine

Cook macaroni in 3 cups boiling water and 1 teaspoon salt until tender. Drain. Add rest of ingredients and cook 15 minutes. Bacon cut fine and fried with onion may be added to the above.

Vegetables Au Gratin

Cooked onions, cabbage, cauliflower, carrots, peas, string beans or a combination of practically any vegetables is good. Nice way to use several small amounts of left-overs. Place vegetables in a shallow greased baking dish and pour over them a thin white sauce to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown. (See next page for white sauce.)

White Sauce

Thin

1 tablespoon butter
1 tablespoon flour
1 cup milk or other liquid
¼ teaspoon salt

Medium

2 tablespoons butter
2 tablespoons flour
1 cup milk or other liquid
¼ teaspoon salt

Thick

3 tablespoons butter
3 to 4 tablespoons flour
1 cup milk or other liquid
¼ teaspoon salt

Blend the melted butter and flour thoroughly, add the milk or other liquid and salt. Heat and stir constantly until thickened.

SALADS AND SALAD DRESSINGS

Pork and Bean Salad

Mix together 1 can pork and beans, 1 teaspoon prepared mustard, and 1 small chopped onion.

Potato Salad

3 potatoes, boiled in jackets
2 hard-boiled eggs
1 small onion
salad dressing
salt and pepper to taste
1 tablespoon prepared mustard
celery salt (optional)
1 dill pickle, diced (optional)

Peel and dice potatoes, eggs and onion, mix together and add salad dressing and seasoning according to taste. Chopped pickle adds to the flavor of this salad.

Salad Combinations

Macaroni, salmon, diced hard-boiled eggs, pickle, onion and salad dressing.

Chopped roast beef, onion, pickle, salad dressing and diced cold potatoes.

Pineapple, apple, pear, peach, apricot or grapefruit with cheese and topped with dressing. Or mix any combination of fruit with salad dressing.

Peas, cheese, pickle and salad dressing.

Rice, carrots, raisins and salad dressing.

Equal parts peanut butter and salad dressing mixed with diced apples.

Jello Salad

Make Jello according to directions on package. Fruit juice may be used to make part of the liquid required. Cut fruit in small pieces and stir into Jello after it has begun to harden a trifle. Serve on lettuce leaf topped with a small portion of salad dressing or whipped cream.

Canned Vegetable Salad

Canned vegetables
½ cup french dressing
1 tablespoon chopped chives or onion
lettuce leaves
salt and pepper to taste
celery salt (optional)
paprika (optional)

Drain canned vegetables, mix and chill. Add french dressing, chives or onion and seasonings. Just before serving line salad bowl with crisp lettuce leaves. (Recipe for french dressing on next page.)

Waldorf Salad

1½ cups diced apples
¼ teaspoon salt
1 cup diced celery
½ cup nut meats (optional)
¼ cup mayonnaise and little whipped cream or ¼ cup cooked salad dressing
1 tablespoon lemon juice

Sprinkle lemon juice over apples and mix all ingredients lightly with dressing.

Cabbage and Carrot Salad

Use equal parts of grated raw carrots and finely shredded cabbage. Mix the carrots and cabbage together with salad dressing until well blended. Chopped peanuts may be added if desired. Serve on crisp lettuce.

Crab Salad

We never heard of crab meat in lookout rations, but just in case - combine 1 cup flaked crab meat and 1 cup apples, peeled and shredded. Moisten with ½ cup mayonnaise or salad dressing and serve on lettuce.

Cooked Salad Dressing

4 tablespoons melted butter
1 tablespoon flour
1 cup milk
2 eggs
1 teaspoon salt
2 tablespoons sugar
1 teaspoon dry mustard
½ cup vinegar

Mix dry ingredients, stir in milk slowly, and cook until thick. Add beaten eggs and vinegar. Stirring constantly, allow mixture to come to a boil. Remove from heat, add butter and cool. Season with salt, pepper or sugar if necessary before using. The dressing may be thinned with milk if so desired.

Fruit Salad Dressing

Mix syrup and either grapefruit juice, lemon juice, or vinegar (small amounts). Mix well. Add to fruit mixture.

Uncooked Salad Dressing

¼ cup canned milk
1 tablespoon sugar
1/8 teaspoon salt
vinegar

Mix together and add vinegar to make as thick as desired.

French Dressing

Garlic bud
2/3 cup salad oil
1/3 cup lemon juice or vinegar
dry mustard, salt, paprika and sugar to taste

Mix oil and lemon juice or vinegar, other ingredients, depending on individual taste. Keep in covered jar and shake before using to blend. Good on lettuce or any vegetable salad.

PUDDINGS AND SAUCES

Coconut Custard Pudding

2 eggs, well beaten
2 cups hot milk
½ cup sugar
3/4 cup coconut
little butter
½ teaspoon vanilla, lemon or nutmeg as preferred

Mix all ingredients, pour into buttered mold, set in pan of hot water. Bake until set in a moderate oven.

Maple Custard

4 egg yolks
3/4 cup maple syrup
3 cups milk
½ cup chopped nuts (optional)
4 egg whites
1/8 teaspoon salt

Beat egg yolks and syrup together. Add milk and nut meats. Place egg whites and salt on a platter and whip until stiff. Fold the custard into the egg whites. Pour into buttered mold, place in pan of hot water, and bake in a moderate oven until firm.

Caramel Custard

Place ½ cup sugar in a small iron skillet and stir over a quick fire until melted. Remove from fire and add 1 tablespoon hot water and stir until the sugar is dissolved. Scald 2 cups milk and add to the melted sugar. Pour these ingredients slowly over 3 beaten egg yolks and add ½ teaspoon vanilla or almond extract. Beat the custard until it is well blended. Place in a buttered mold set in a dish of hot water and bake in a moderate oven until firm.

Boiled Custard

1 beaten egg
1 cup hot milk
1 tablespoon sugar
pinch of salt
½ teaspoon vanilla

Mix egg, salt and sugar. Stir, do not beat. Slowly add hot milk to egg mixture and cook over slow heat, stirring constantly. Allow the custard to cook until mixture coats the spoon and has the thickness of cream. Remove and cool, then add vanilla.

Soft custards may curdle when cooked for too long a time, or are not stirred constantly. Milk a little sour may cause curdling of a custard. Should a soft custard begin to curdle while cooking, remove from heat immediately. Set pan containing custard in cold water and beat vigorously to redistribute the particles of egg and milk.

Rice Pudding

½ cup rice
½ teaspoon salt
2 cups milk
1 teaspoon vanilla
2 tablespoons butter
2 eggs
½ cup raisins (optional)

Wash rice, stir into 2 cups of boiling, salted water and cook until water is absorbed. Rinse rice with warm water. Mix all ingredients together and bake until firm.

Upside-Down Pudding

Same recipe as upside-down cake only serve with old-fashioned pudding sauce.

Chocolate Pudding

2 cups milk
1 teaspoon butter
pinch of salt
1 teaspoon vanilla
½ cup sugar
2 tablespoons flour
4 tablespoons cocoa
1 beaten egg

Scald milk. Add egg, sugar, flour and cocoa to which a little of the hot milk has been added. Cook over low heat until creamy. Add butter. Let cook, add vanilla, beat with rotary beater. Serve plain or with whipped cream.

Bread Pudding

2 cups stale bread crumbs
½ cup granulated sugar
2 cups milk
2 eggs, beaten
1 tablespoon molasses (optional)
¼ teaspoon cinnamon
½ teaspoon vanilla
4 tablespoons butter
few grains salt
½ cup raisins or dates

Soak bread crumbs in milk. Add sugar and butter, eggs, salt and flavoring. Place in buttered baking dish, add chopped raisins or dates, and bake in moderate oven until firm. Serve with cream or old-fashioned pudding sauce.

Brown Betty

2 cups bread crumbs
2 tablespoons butter
3 cups sliced apples
3/4 cup sugar, brown or white
¼ teaspoon nutmeg
juice of ½ lemon
½ cup hot water
almond or lemon flavoring

Cover bottom of buttered pudding dish with crumbs, cover with half the apples, sprinkle with half of sugar, nutmeg, lemon juice, cover with crumbs and remaining ingredients. Dot with butter. Bake 40 minutes in moderate oven. Cover first 30 minutes to cook apples. Serve with cream or old-fashioned pudding sauce.

Apple Crisp

4 cups sliced apples (sour ones preferred)
2 teaspoons cinnamon
1 cup sugar
½ cup butter
3/4 cup flour
½ cup water to which add 1 teaspoon vanilla

Put apples in bake pan about 4 inches deep and 6 or 8 inches across. Pour water over them and sprinkle with cinnamon. Work together with your hands the sugar, flour and butter until it is crumbly. Spread this over the sliced apples and sprinkle with more cinnamon. Bake in moderate oven uncovered about ½ hour or until apples are soft. Serve hot with cream.

Baked Apples

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish, fill the holes with sugar and butter, and raisins if desired. Sprinkle with cinnamon. Add just enough water to keep the apples

from sticking and cover the dish. Bake in a hot oven until the apples are soft. Serve baked apples hot or cold, with or without cream.

Apple Sauce

Heat canned apples, season with sugar, nutmeg, cinnamon and a drop of vanilla to taste. If desired, apples may be mashed.

Stewed Prunes, Apricots, or Peaches

Take the amount of dried fruit desired, place in pan and cover with cold water. Soak overnight. Drain, cover with boiling water and cook without sugar until tender. Add sugar to taste. Serve plain or with cream.

Tapioca Pudding

Cook ¼ cup tapioca and ½ teaspoon salt in a pint of boiling water until clear, stirring constantly. Add ½ cup sugar, 1 beaten egg, and cook until thick as custard. Add fruit (as cooked dried prunes or apricots, canned peaches, pears, pineapple, or cooked raisins), or 2 tablespoons of jam. Serve plain or with whipped cream.

Cornstarch Pudding

2 cups milk
3 tablespoons sugar
2 tablespoons cornstarch
2 egg whites
pinch of salt
1 teaspoon vanilla
½ cup shredded coconut

Scald milk and sugar together. Mix cornstarch in little milk, add to hot milk. Cook over low heat. When mixture thickens add well-beaten whites of eggs, pinch of salt. Flavor with vanilla or other flavoring. Add shredded coconut.

Baked Indian Pudding

1 quart milk
1/3 cup yellow corn meal
1 teaspoon salt
½ cup molasses
½ to 1 teaspoon ginger

Cook the milk, corn meal and salt over low heat for 10 minutes. Add the molasses and ginger, pour into a greased baking dish and bake in a very moderate oven for 2 hours. Add more milk during baking if necessary. Serve hot or cold with cream.

Jello

Make Jello according to directions on package. Juice from canned fruit may be used to make part of liquid required. Canned fruit cut in small pieces may be added to Jello after it has started to set. Serve plain or with cream.

Berry Sauce

1 cup berries
sugar to taste

Mash berries slightly to draw out juice. Add sugar to mashed berries and serve.

Hot Chocolate Sauce

1½ cups sugar
½ cup water
¼ cup rich milk
4 tablespoons cocoa
½ teaspoon vanilla

Boil sugar, cccoa and water for 5 minutes. Place in a pan over hot water until ready to serve. At the last moment add the milk and vanilla.

Butterscotch Sauce

1 cup brown sugar
1 cup light corn syrup
3 tablespoons butter
½ cup cream
½ teaspoon vanilla or lemon extract

Blend all ingredients and cook over low heat. Add flavoring.

Old-Fashioned Pudding Sauce

¼ cup sugar
2 tablespoons flour
1½ cups boiling water
1 tablespoon butter
¼ teaspoon vanilla or lemon extract

Mix sugar and flour thoroughly, pour in boiling water, stirring vigorously to avoid lumping. Bring to a boil and cook until clear. Add butter and flavoring. Good on puddings instead of cream.

Caramel Sauce

1 cup brown sugar or browned white sugar
½ cup water
2 egg whites
1 teaspoon vanilla

Mix sugar and water and cook to soft-ball stage. Remove from heat. Beat egg whites until stiff but not dry. Slowly add syrup to beaten whites, stirring constantly. Add vanilla. (Soft-ball stage: Drop a very little of the boiling syrup into a cup of cold water. When the syrup can be gathered up in the fingers into a soft ball that will almost hold its shape it has reached the soft-ball stage.)

CAKES AND FROSTINGS

Plain Cake

1 cup white sugar
½ cup shortening or butter
2 eggs
1 teaspoon salt
1 teaspoon vanilla
½ cup milk
1-3/4 cups flour
2 level teaspoons baking powder

Cream shortening, add sugar, beaten egg yolks. Alternately add milk and flour sifted with salt and baking powder. Add vanilla and fold in stiffly beaten egg whites. Bake in two greased layer pans or single baking pan in a moderate oven about 30 minutes. Use any frosting.

Dutch Apple Cake

1½ cups flour
3 tablespoons white sugar
¼ teaspoon salt
3 level teaspoons baking powder
4 tablespoons fat or shortening
½ cup milk
4 tablespoons brown sugar
1 teaspoon cinnamon
1½ cups applesauce

Mix flour with sugar, salt and baking powder. Cut in fat or shortening and add milk slowly. Place soft dough in shallow, greased pan, sprinkle with brown sugar, cinnamon and spread with sauce. Bake 30 minutes in moderate oven. Serve warm.

Upside-Down Cake

Cover bottom of greased baking pan with maple syrup or brown sugar, add 4 tablespoons butter and bring to a boil on top of stove. Into this lay pieces of cooked fruit such as pineapple, peaches, apricots or prunes. Peaches and prunes used together are good; also pineapple and apricots. Then cover with the following cake batter:

4 tablespoons shortening
3/4 cup sugar
1 egg
½ cup milk
1 cup flour
¼ teaspoon salt
1 teaspoon vanilla
2 level teaspoons baking powder

Cream shortening, add sugar and mix well. Add egg, beat well. Sift flour, baking powder and salt together. Add alternately with milk. Add vanilla. Beat well and spread over top of fruit. Bake in a moderate oven about 30 minutes.

Prune Cake

½ cup butter or shortening
1 cup sugar
2 eggs
3/4 cup milk
2 cups flour
2 cups chopped prunes
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg
1 teaspoon vanilla
½ teaspoon salt

Cream shortening and add sugar, beat well. Add eggs and beat. Sift dry ingredients, add alternately with milk. Beat thoroughly, add prunes and vanilla. Bake in well-greased pan about 30 minutes in moderate oven.

Jelly Roll

5 eggs
1 cup sugar
1/3 teaspoon salt
1 teaspoon vanilla
2 cups flour
½ cup sweet cream
4 level teaspoons baking powder

To the well-beaten eggs add salt, cream and sifted dry ingredients. Pour into well-buttered tin, bake about 20 minutes in moderate oven. Turn out on damp cloth. Spread with jelly, whipped cream or apple butter and roll. Wrap cloth or waxed paper around roll. Before serving sprinkle with powdered sugar.

Spice Cake

½ cup shortening
1 cup sugar
2 eggs
1-3/4 cups flour
½ cup milk
1-3/4 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves

Cream sugar and shortening. Add eggs and beat well. Sift dry ingredients and add alternately with milk. Beat well and bake in greased pan about 30 minutes in a moderate oven.

Devil's Food Cake

1½ cups flour
1 cup sugar
2 heaping tablespoons cocoa
1 teaspoon salt
1 cup sour milk
1 teaspoon soda
5 tablespoons melted butter

Sift together flour, sugar, cocoa and salt. Add 1 cup of sour milk with the 1 teaspoon of soda mixed in it. Add 5 tablespoons melted butter, beat thoroughly. Bake in a greased pan in a moderate oven for 30 minutes.

Spice Cup Cakes

3/4 cup sugar
¼ cup melted fat
1 egg
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup milk
1 cup flour
2 level teaspoons baking powder
1 teaspoon vanilla
½ teaspoon salt

Mix dry ingredients. Put fat into a cup, break egg into it, then fill with milk. Pour into dry ingredients, beat 1 minute. Bake in greased muffin tins 10 to 15 minutes in a hot oven. Frosting may be added.

Applesauce Cake

½ cup Crisco or other good shortening
1 cup sugar
½ teaspoon salt
1 cup sweetened applesauce
1 teaspoon soda in 2 tablespoons hot water
1 teaspoon each cinnamon, allspice and nutmeg
¼ teaspoon cloves
1-3/4 cup flour
½ cup nut meats (optional)
1 egg

Beat shortening, sugar and salt together until smooth. Add applesauce, soda dissolved in hot water. Then sift flour and spices together and beat into above ingredients. Beat egg and add with nut meats last. ($\frac{1}{2}$ cup raisins or $\frac{1}{2}$ cup gumdrops, cut in small pieces, may also be added if desired.) Bake slowly in greased pan for 25 to 30 minutes. Dust with powdered sugar before serving.

Quick Coffee Cake

$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup butter
1 egg
2/3 cup milk
$1\frac{1}{2}$ cups flour
$\frac{1}{4}$ teaspoon salt
2 teaspoons baking powder
$\frac{1}{2}$ teaspoon vanilla

Beat butter until soft and creamy. Add the sugar gradually. Blend these ingredients until they are light and creamy. Beat in egg and milk. Sift flour, salt and baking powder. Add the sifted ingredients to the butter mixture and add vanilla. Beat the batter until it is smooth. Spread the dough in a shallow greased pan. Sprinkle the top with cinnamon, sugar, $\frac{1}{2}$ cup chopped nut meats (optional) and dot with butter. Bake in a moderate oven for about 25 minutes.

The dough may be spread with $1\frac{1}{2}$ tablespoons melted butter; $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ cup sugar and 1 tablespoon flour may be combined and sifted over it. This makes a good topping.

NOTES ON BAKING CAKES

1. Ingredients used in cakes must be measured accurately. All measurements given in this book are level unless otherwise stated.

2. All ingredients should be at room temperature. Shortening should be soft but not melted unless recipe specifies melted shortening.

3. When measuring flour, heap it lightly into a cup. Do not shake the cup. Fill it to overflowing, then level off the top with a knife.

4. If flour has been exposed to moisture it will make a "streaky" cake. Spread flour in shallow pans and dry well in a slow oven before using it if there is any doubt about its being dry.

5. Pan should be not more than two-thirds full of batter.

6. Test your cake by inserting a straw. If straw emerges perfectly clean the cake is done. The cake should be lightly browned and should be beginning to shrink from sides of the pan. If pressed with a finger it should at once come back into shape.

7. When cake is done, invert the pan for 5 minutes, then loosen cake from sides of pan with a knife or pancake turner, invert it onto a plate and turn it right side up on a rack so that air may circulate from bottom. This will keep the crust dry and prevent it from becoming soggy. Sprinkle the cake with powdered sugar or cover it with frosting.

8. Definitions for cooking terms you are not familiar with will be found in the back of this book.

Boiled Frosting

¼ cup water
1½ cups sugar
2 tablespoons syrup
2 egg whites
1 teaspoon vanilla

Boil water, sugar and syrup together until soft-ball stage. Slowly pour mixture into stiffly beaten egg whites, beating constantly, add vanilla. Beat until frosting is thick enough to spread. In boiling sugar, water and syrup it is well to keep covered the first 10 minutes. This prevents crystals forming.

Soft-ball stage: Drop a little of the boiling syrup into a cup of cold water. When the syrup can be gathered up in the fingers into a soft ball that will almost hold its shape it has reached the soft-ball stage.

Fudge Frosting

2 cups sugar
4 tablespoons cocoa
3/4 cup canned milk
1 rounded tablespoon butter
1 teaspoon vanilla

Blend sugar and cocoa, add milk. Boil until soft-ball stage. (For definition of soft-ball stage, see above.) Add butter. Remove from heat and cool. Add vanilla and beat until creamy. Omit cocoa and you will have creamy white frosting.

Caramel Frosting

1 cup brown sugar
½ cup water
2 egg whites
1 teaspoon vanilla

Mix sugar and water and cook to soft-ball stage. Beat egg whites until stiff. Slowly add syrup to beaten whites, stirring constantly, add vanilla. Beat until frosting is thick enough to spread. (See soft-ball stage definition above.)

Brown Sugar Frosting

3 cups brown sugar
¼ cup butter
1½ cups cream
1 teaspoon vanilla

Mix first three ingredients thoroughly. Cook mixture to soft-ball stage (see definition above). Remove from fire and beat until creamy, add flavoring. Ready to use.

Uncooked Frosting

2 cups powdered sugar
4 tablespoons butter
enough coffee to blend
1 teaspoon vanilla

Mix to smooth paste. Spread between layers and on top of cake. Dry cocoa may be added.

Chocolate Filling for Cake

1-3/4 cups milk
3/4 cup sugar
1 teaspoon vanilla
½ cup chocolate dessert
2 egg yolks

Blend 1¼ cups milk and sugar, heat until small bubbles appear around edge. Mix chocolate dessert with remaining ½ cup milk, add to hot milk, stirring constantly. Boil about 3 minutes, being careful not to burn. Remove from fire, beat in egg yolks. Cool, spread on cake. Coconut, nuts, raisins may be added.

Cream Filling

2/3 cup granulated sugar
2/3 cup milk
2 egg yolks, beaten
1 tablespoon flour
½ teaspoon vanilla
1 tablespoon butter

Cook over low heat to form custard. Cool. Spread between layers of cake. Coconut or chopped nuts may be added.

Lemon Filling

1 cup sugar
2⅔ tablespoons flour
1 cup cold water
1 egg yolk, beaten
1 tablespoon lemon extract
1 teaspoon butter

Blend flour and 2 tablespoons of cold water. Boil remaining water, sugar, lemon extract and butter. Add flour mixture slowly. Cook until clear and smooth. Add egg yolk and cook 2 minutes. Remove from heat and cool. Spread between layers of cake.

PIES

NOTES ON PIE BAKING

Pie dough may be made in advance, wrapped in wax paper and chilled. If placed in a refrigerator it will keep for days. Chilled dough will roll more readily than fresh dough.

All the ingredients should be as cold as possible.

Pie dough should be handled lightly and as little as possible. Stop handling it as soon as the dough will hold together. Divide it into two parts (for a double-crust pie), one slightly larger than the other, and keep the smaller part for the top crust. Roll out the larger part for the bottom crust to the thickness of 1/8 inch, using as little flour as possible on the board and on the roller (or roll the dough between sheets of waxed paper). Do not turn dough over on floured board as that works more flour into mixture and causes crust to be tough. Roll the dough from the center out. Lift the roller, do not push it to and fro. Do not stretch the dough. Cut it about 1 inch larger than the pan.

To lift the dough from the board, fold it in half, lay the fold across the center of the pan and unfold it, lightly pressing down to fit pan. Trim off edge that hangs down with a sharp knife. Do not grease the pan, good pie dough makes this unnecessary.

Roll the dough for the top crust, cut it 1 inch larger than the pan, and prick it with a fork in several places, or fold it over and gash it with a knife, to allow the steam to escape. Dampen outer edge of bottom crust with water. Place the top crust on the pie, tuck surplus dough under the lower crust and press it down around the edge with tines of a fork. Cover edge of tin well to allow for shrinkage.

To glaze a pie the top may be brushed with milk, butter, or beaten egg.

Pie crust is flakier when baked in a hot oven to start.

For a one-crust pie make a fluted edge with the dough that laps over. Use a fork to press it down, or pinch it down with the thumb and forefinger. This edge is important as it will help to hold the juices in the pie. If the pie is to be filled with a juicy filling, brush the bottom crust lightly with beaten egg to keep it from becoming soggy.

If a double-crust pie has a juicy filling, two pieces of macaroni, about 3 inches long, placed in the pie through punctures in the upper crust will help to keep the juice from boiling out.

When a lattice top crust is desired, cut long narrow strips of dough with a knife. Place the strips across the top of the pie and moisten them slightly with water where they meet the edge of the bottom crust.

When you want a shell or a pie crust, invert the pie pan and fit the dough over the bottom. Prick it with a fork and press it down lightly around the edge. Cut a round for the top crust, prick it and bake on a baking sheet. Bake pie shells for 12 minutes or until browned in a hot oven.

Too much flour makes crust tough; too much shortening makes it dry and crumbly; too much liquid makes it heavy and soggy.

Definitions for cooking terms you do not understand will be found in the back of this book.

Pie Crust (Two-Crust)

2 cups sifted flour
1 teaspoon salt
1 cup shortening

Sift flour and salt. Cut shortening (with knives, fork or blender) into flour until the pieces are the size of small peas. Sprinkle about 4 tablespoons cold water over flour mixture and work lightly into flour, being careful not to stir too much. Divide into two parts, one slightly larger than the other, and keep the smaller part for the top crust. Press down with rolling pin and gradually roll to about 1/8 inch thick. (See notes on preceding page.)

Pie Crust (One-Crust)

1½ cups sifted flour
½ teaspoon salt
½ cup shortening

Sift flour and salt. Take out ¼ cup of this flour and mix with 3 tablespoons water to form a paste. Cut shortening (with knives, fork or blender) into the remaining flour until the pieces are the size of small peas. Add flour-paste to shortening-flour mixture. Mix thoroughly until the dough comes together and can be shaped into a ball. Press down with rolling pin and gradually roll to a size slightly larger than pie plate and about 1/8 inch thick. (See notes on preceding page.)

Graham Cracker Crust

1½ cups graham cracker crumbs
¼ cup sugar, less if filling is sweet
6 tablespoons melted butter
1 teaspoon cinnamon (optional)

Combine all ingredients. Reserve ½ cupful and place remainder in a deep 9-inch pie tin. Pat it firmly against the bottom and sides of the pan to form a shell. If the crust is to be used at once, bake in a moderate oven for 15 minutes. If the crust has been prepared in advance, chill it thoroughly. It is not necessary to bake a well-chilled crust since it can be baked at the same time as the meringue. After being chilled, or baked, fill the crust with any cooked custard, cream, fresh or dried fruit filling. Cover with meringue (see page 41 for recipe). Sprinkle the rest of the crumbs over the top and bake in a slow oven for 15 minutes. A baked crust is also good filled with sweetened fresh or stewed fruit and topped with whipped cream.

Bread Crumb Crust

1½ cups toasted, sifted bread crumbs
¼ cup sugar
6 tablespoons melted butter
1 teaspoon cinnamon

Combine all ingredients. Reserve ½ cupful and place remainder in a deep 9-inch pie tin. Pat firmly against the bottom and sides of the pan to form a shell. Bake in a moderate oven for 15 minutes before filling. Any of the fillings suggested for graham cracker crust, above, may be used.

Cornflake Pie Crust

1½ cups crushed cornflakes
1/3 cup melted butter
¼ cup sugar
¼ teaspoon cinnamon (optional)

Combine ingredients and press firmly on the bottom and sides of pie tin to form a shell. Chill. To bake or to fill and bake follow recipe for graham cracker crust on opposite page.

Sweet Potato Pie

1½ cups canned sweet potatoes, mashed
2/3 cup sugar, white or brown
1 teaspoon cinnamon
1 teaspoon salt
2 cups milk
1 tablespoon butter
½ teaspoon lemon extract
½ teaspoon ginger
2 eggs

Potatoes should be mashed until soft and smooth. Add beaten egg yolks, cinnamon, ginger, butter, salt and sugar. Mix well. Fill pastry-lined pie tin and cover with a lattice pie crust. Bake in hot oven about 25 minutes or until lattice is brown. Instead of lattice crust, pie, when cool, may be covered with meringue (recipe on page 41), browned lightly in oven, and served hot.

Raisin Pie

1 cup seedless raisins
1 cup water
½ cup sugar
2 tablespoons butter
2 tablespoons flour
2 eggs
1 teaspoon grated lemon rind
3 tablespoons lemon juice
1 baked pie shell

Cook raisins and water very slowly until raisins are nearly tender. Add sugar and cook until raisins are tender. Cool a little of this mixture and stir in butter and flour. Return it to saucepan. Cook and stir these ingredients until thickened. Remove pan from fire. Beat in egg yolks, lemon rind and juice. Fill pie shell with filling. Cover it with a meringue (page 41) made with egg whites. Bake in a slow oven for 15 to 20 minutes.

Apple Pie

2 or 3 cups canned apples, sliced (use apples according to size of pie pan)
1 cup sugar
½ teaspoon cinnamon
¼ teaspoon nutmeg
butter

Line pie pan with pastry. Add apples, sugar and spices. Dot with butter. Roll upper crust, prick with a fork, moisten edge of lower crust on pan, cover with pie dough. Press edges together with tines of fork. Brush top of pie with milk and sugar. Bake about 1 hour in slow oven.

Apple Pie With Melted Cheese

After an apple pie is baked, lay thin slices of cheese or grated cheese over the top and put in a moderate oven until the cheese is melted. Serve at once while the cheese is warm. Either a freshly baked or a cold pie may be prepared in this way.

Apple Turnovers

Roll out pastry dough into rounds about the size of a large saucer. On one-half of the pastry round, arrange layers of thinly sliced fresh apples (or canned apples), sprinkle with a mixture of sugar, cinnamon, and a little salt, and dot with butter. Moisten the lower rim of the pastry, bring the other part over it, press the two edges firmly together with the tines of a fork, and prick the top crust so the steam can escape. Bake in a moderately hot oven for about 30 minutes, or until the apples are tender and crust is browned.

Prune or Apricot Pie

1 cup chopped cooked prunes or apricots, unsweetened
1 teaspoon lemon extract
1 cup water or juice
1 tablespoon flour
½ cup sugar
2 tablespoons butter

Sift flour and sugar together, add prunes, extract, juice and butter. Cook until thick. Add cinnamon or nutmeg to taste if desired. Pour into pastry-lined pie tin, moisten edge of dough with water, cover with top crust, making openings for steam to escape. Press pastry well over edge and trim. Bake in moderately hot oven until crust is brown.

Cream Pie

2 tablespoons cornstarch or flour
1 pint hot milk
1 cup sugar
3 eggs
1 heaping tablespoon butter
1 teaspoon vanilla
1 baked pie shell

Beat yolks of eggs, add sugar, cornstarch, hot milk, butter and salt and cook as for boiled custard. Let cool and add beaten whites of eggs and vanilla and pour into baked pie shell. Cover it with meringue (page 41) and bake in a slow oven for 15 to 20 minutes or until meringue is lightly browned. Let cool before serving so filling has time to set. If desired, pie may be covered with whipped cream instead of meringue. Put cream on just before serving.

Spice Pie

Use cream pie recipe above with the following added to the cooked filling: 2 teaspoons cinnamon, ½ teaspoon ground cloves, and ½ teaspoon nutmeg.

Chocolate Pie

2 squares unsweetened chocolate or 4 tablespoons cocoa
1 pint milk
3 tablespoons flour
3/4 cup sugar
¼ teaspoon salt
2 eggs
1 tablespoon butter
1 teaspoon vanilla
1 baked pie shell

Heat the chocolate and milk. Mix the flour, sugar, and salt thoroughly, add some of the hot liquid, mix well, and return to heat. Stir until thickened, cover, and cook for 15 minutes. Beat well. Pour some of this into the beaten egg yolks, combine with the rest of the mixture, and add the butter and vanilla. Pour into a baked pie crust, let stand while making the meringue (page 41). Spread meringue over the chocolate filling to the edge of the crust and bake in a moderate oven for 15 to 20 minutes, or until lightly browned. Serve cold so that the filling has time to set. Instead of meringue, pie may be covered with whipped cream just before serving.

Butterscotch Pie

1½ cups milk
1 cup brown sugar
3 tablespoons cornstarch
¼ teaspoon salt
2 eggs
2 tablespoons butter
1 teaspoon vanilla
1 baked pie shell

Beat egg yolks with sugar. Mix cornstarch with a little water to make a smooth paste. Add paste to egg yolks and add milk and salt. Cook over slow fire until thick. Remove from fire and add butter and vanilla. Cool. Add beaten whites of eggs or reserve for meringue. Pour into baked pie shell. If meringue (page 41) is used, spread on top and return to slow oven to brown.

Pumpkin Pie

3/4 cup brown sugar
1 tablespoon flour
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon ginger
¼ teaspoon cloves
1½ cups canned pumpkin
1½ cups canned milk
1 well beaten egg
1 tablespoon molasses (optional)

Mix sugar, flour, salt, cinnamon, nutmeg, ginger and cloves. Add pumpkin, milk, egg and molasses. Stir until smooth. Pour into deep pie pan lined with uncooked pie dough. Have hot oven first 15 minutes, cool down and cook slowly for ½ hour.

Huckleberry Pie

2 tablespoons flour
3/4 cup sugar
3 cups huckleberries, washed carefully

Sift flour and sugar together, add berries and mix well. Pour into pastry-lined pie tin, moisten edge of dough with water, cover with top crust and make openings for steam to escape. Press pastry well over edge and trim. Bake in moderately hot oven for about 45 minutes or until crust is brown. (If canned berries are used, measure a scant ½ cup sugar.)

Custard Pie

1½ cups milk
¼ cup sugar
1/8 teaspoon salt
3 eggs
1 teaspoon vanilla
1 baked pie shell

Scald the milk, sugar and salt over slow fire. Remove from the fire and add slowly to the slightly beaten eggs and vanilla. Pour the hot custard into a deep baked pie crust. Be careful not to fill it too full. Bake in a moderate oven for about 25 minutes or until the custard is set in the center.

Pineapple Pie

2 cups crushed pineapple
1 tablespoon cornstarch
3/4 cup sugar
1 tablespoon butter
2 eggs
1 baked pie shell

Combine pineapple, cornstarch and sugar. Cook and stir over slow fire until thick. Add butter. Pour part of this mixture over well beaten egg yolks, beat well and return to saucepan. Stir mixture and let cook and thicken for about

1 minute. Cool. Fill pie shell, cover with meringue (recipe below) made from egg whites and bake in a slow oven for 15 to 20 minutes or until meringue is lightly browned.

Cherry Pie

4 cups canned, pitted cherries (tart)
2 tablespoons cornstarch or flour
1 cup sugar
2 tablespoons butter
1/8 teaspoon salt

Drain cherries. Mix the cornstarch with juice and cook until thickened. Add the cherries, sugar, butter and salt and mix thoroughly. Pour the hot fruit mixture into a baked pastry shell, add the top sheet of dough, and bake in a moderately hot oven for 25 to 30 minutes, or until golden brown. Cherry pie made in this way should have a crisp undercrust. In place of the upper crust, twisted strips of dough may be laid in lattice fashion across the fruit and pressed onto the lower crust at the rim.

Meringue for Pies

2 egg whites
½ teaspoon vanilla
4 tablespoons sugar
1/8 teaspoon salt

Beat egg whites until stiff but not dry. Add sugar and vanilla and beat until egg whites will stand in peaks. Pile lightly on filled pie shell and return to slow oven to brown lightly. Let it cool slowly.

A successful meringue depends on constant beating until it is spread, slow addition of the sugar, and the slow oven in which it is baked.

COOKIES

Oatmeal Drop Cookies

½ cup fat
1 cup sugar
1 egg, beaten
1½ cups sifted flour
½ teaspoon salt
2 teaspoons cinnamon
½ teaspoon soda
½ cup milk
1½ cups fine oatmeal
½ cup chopped nuts
1 cup seedless raisins

Cream the fat and sugar and add the beaten egg. Sift together the dry ingredients, except the oatmeal, and add alternately with the milk to the first mixture. Add the oatmeal, nuts and raisins. Mix well. Drop by spoonfuls well apart on a greased baking sheet and bake to a golden brown in a moderately hot oven. Remove from the pan while hot.

Rolled Oats Macaroons

2½ teaspoons melted butter
1 cup sugar
2 eggs
2½ cups rolled oats
2 teaspoons baking powder
1 teaspoon vanilla
1/8 teaspoon salt

Combine butter, sugar, egg yolks, rolled oats, baking powder and vanilla. Beat well. Beat egg whites until stiff and fold into other ingredients. Drop from teaspoon well apart on lightly greased baking sheet. Bake in a moderate oven for about 10 minutes or until brown.

Brownies

2 ounces or squares unsweetened chocolate
½ cup butter
2 eggs
1 cup sugar
1 cup finely chopped nuts
1 cup sifted flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla

Melt the chocolate and fat together. Beat the eggs slightly, add the sugar and the chopped nuts, which have been mixed with the flour, baking powder and salt. Stir in the chocolate and fat after they have cooled and add the vanilla. Pour into a warm, greased, shallow pan lined with greased paper and spread the mixture evenly. Bake in a very moderate oven for 45 minutes to 1 hour, depending on the thickness of the layer. Turn from the pan and remove the paper while the cake is hot. Cut the cake into short strips or squares. Brownies will keep fresh for some time in a tin box.

Butterscotch Brownies

¼ cup butter
1 cup brown sugar
1 egg
1 teaspoon vanilla
½ cup sifted flour
1 teaspoon baking powder
½ teaspoon salt
½ cup finely chopped nuts

Melt butter in a saucepan and stir in sugar until dissolved. Cool slightly. Beat in egg and vanilla. Sift flour, baking powder and salt. Stir into butter mixture and add nuts. Pour into a greased shallow pan lined with greased paper and spread the mixture evenly. Bake in moderate oven about 30 to 45 minutes, depending on thickness of the layer. Turn from the pan and remove the paper while cake is hot. Cut into bars.

Chocolate Drop Cookies

2 ounces or squares unsweetened chocolate
½ cup butter or other fat
1 cup brown or white sugar
1 egg
½ cup milk
1 cup chopped nuts
1-3/4 cups sifted flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla

Melt the chocolate and add the fat and sugar. Add the egg without beating and the milk. Then add the nuts and the sifted dry ingredients to the liquid mixture. Stir this thoroughly and add the vanilla. Drop the batter from a teaspoon well apart on a greased baking sheet or an inverted baking pan. Bake in a moderately hot oven for about 10 minutes.

Sugar Drop Cookies

½ cup butter
6 tablespoons brown sugar
6 tablespoons white sugar
1 egg
½ teaspoon vanilla
1-1/8 cups flour
½ teaspoon salt
½ teaspoon soda
1 cup chopped nuts, raisins or dates

Cream butter. Add sugar gradually and beat until creamy. Beat in egg and vanilla. Sift and stir in flour, salt and soda. Add nuts or raisins. Drop batter from teaspoon well apart on greased baking sheet and bake in a moderate oven for about 8 minutes.

Ginger Snaps

3/4 cup butter
1 cup brown sugar
1 egg
4 tablespoons molasses
¼ teaspoon salt
2¼ cups flour
2 teaspoons soda
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger

Cream shortening. Add sugar and beat until creamy. Thoroughly beat in egg and molasses. Sift flour and other dry material and stir into creamed mixture. Mix well and set in refrigerator or cool place for 1 hour or more. Shape into balls the size of walnuts and dip in sugar. Put unsugared side on baking sheet and press down flat with back of fork. Bake 12 or 15 minutes in moderate oven. Makes 3 or 4 dozen cookies. Good to have some of these on hand when the ranger comes.

Peanut Butter Cookies

½ cup butter
½ cup brown sugar
½ cup white sugar
1 egg
½ cup peanut butter
1 cup flour
1 teaspoon soda
1 teaspoon vanilla

Mix in order given, beating sugar, butter and egg thoroughly, then adding remaining material. Shape into balls the size of a walnut. Press down flat on baking sheet with palm of hand, then press with tines of fork to make impression. Sprinkle with sugar. Bake in moderate oven 10 or 15 minutes. Makes 2 dozen very crisp cookies.

NOTES ON ROLLED COOKY DOUGH

Cooky dough does not need to be rolled, it may be patted out with the palm of the hand.

Chilled dough handles easier than warm dough.

When rolling cooky dough avoid the use of flour if possible. Dough may be rolled between sheets of waxed paper.

A can with the entire top removed makes a good cooky cutter. Flour the can to prevent sticking.

Tutti-Frutti Cookies

1 cup sugar
3/4 cup butter
3 cups oatmeal
1½ cups flour
1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon salt
3/4 cup milk

Cream butter and sugar, add remaining ingredients and mix well. Roll thin on lightly floured board and cut with biscuit cutter. Place teaspoon of filling (see recipe below) on a round, cover with another round and bake in moderate oven until brown.

Fillings

1. Combine 1 cup apricot jam, 1 cup chopped raisins and 3/4 cup sugar. Cook about 3 minutes.

2. Combine 2 cups chopped raisins or dates, 3/4 cup sugar, 2/3 cup boiling water, 1 teaspoon lemon extract, 4 tablespoons butter and ¼ teaspoon salt. Boil and stir until thick.

Nuts, jams and prunes, apricots, peaches or other cooked fruits may be combined and used for fillings.

Filled Cookies

1 cup sugar
2 eggs
3/4 cup milk
1 teaspoon soda
3/4 cup shortening
3 cups flour
1 teaspoon baking powder
1 teaspoon vanilla

Cream shortening, add sugar, beaten eggs and vanilla. Sift flour, soda and baking powder and add to mixture. Mix well. Roll thin on lightly floured board and cut with biscuit cutter. Place teaspoon of filling on a round and cover with another round. (See filling recipes above.) Bake in a moderate oven until nicely browned.

Filled Bars

Cover bottom of a greased pan with a very thin layer of cooky dough (use recipe above). Spread it with a filling (jam, raisins, nuts, dates, etc.). Cover with a very thin layer of cooky dough. Bake in a moderate oven until nicely brown. While cake is still warm, cut into bars.

Sugar Cookies

1/3 cup shortening
2/3 cup sugar
1 egg
1 teaspoon vanilla
2 cups flour
¼ teaspoon salt
1 teaspoon baking powder

Cream shortening, adding sugar gradually. Add eggs, vanilla and mix. Add sifted flour, salt and baking powder. Set aside for a short time, then roll out on lightly floured board and cut with cooky cutter. Brush with milk and sprinkle with sugar. Bake on greased pan in hot oven for 10 minutes or until lightly browned.

Shortbread

½ cup sugar
1 cup butter
1 teaspoon vanilla
2 cups flour
¼ teaspoon salt
¼ teaspoon baking powder

Cream butter. Add sugar gradually and beat until creamy. Add vanilla. Sift and work in with hands flour, salt and baking powder. Roll dough to about 1/3 inch thick and cut into squares. Bake on greased baking sheet in a moderate oven for about 20 minutes.

Potato Doughnuts

¼ cup shortening
1 cup sugar
½ teaspoon salt
2 eggs
1 cup mashed potatoes
4 cups flour
3 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon soda
1 cup sour milk

Blend together shortening, sugar, salt and eggs. Stir in freshly cooked mashed potatoes. Sift flour with baking powder, nutmeg and soda and add alternately with sour milk. Roll out dough to ½ inch thick on lightly floured board. Cut with doughnut cutter. (A biscuit cutter and the top of a salt shaker for cutting inside hole make a good substitute for a doughnut cutter.) Fry in hot fat in kettle or deep skillet. As soon as doughnuts rise to surface, turn with a fork. Turn frequently until brown on both sides. Drain on absorbent paper. Makes 2½ dozen.

Smoky's Doughnuts

1 cup sugar
3 eggs
1 cup milk
2 cups flour
3 teaspoons baking powder
2 tablespoons hot lard

Beat eggs and sugar lightly and stir in milk. Add sifted flour and baking powder. To this mixture add the 2 tablespoons of hot lard. Then add enough flour, about 2 cups, to make a soft dough that can be rolled out on board. Do not make too stiff. Roll dough ½ inch thick and cut with doughnut cutter. Have fat 3 or 4 inches deep and smoking hot. Drop in 3 or 4 doughnuts at a time. When they rise to the surface turn frequently with a fork until brown on both sides. Drain on absorbent paper and dust lightly with powdered sugar.

SANDWICHES

Sandwich Notes

1. Let butter stand 1 hour in room temperature and cream thoroughly, do not melt.
2. Use plenty of filling and spread to edge.
3. Do not have fillings too moist or too dry.
4. Lettuce keeps sandwiches moist but wilts if put in too far in advance.
4. Have filling well seasoned.

Meat and Fish Sandwiches

1. Cooked ham ground and mixed with pickle relish, chopped celery, chopped hard-cooked egg and mayonnaise.
2. Deviled ham and cream cheese, seasoned with catsup.
3. Chopped cooked beef or hard-boiled eggs, chili sauce to moisten. Add lettuce.
4. Chopped hard-boiled eggs mixed with minced, crisp-fried bacon and enough mayonnaise or salad dressing to moisten.
5. Equal parts flaked tuna, salmon, crab meat, or lobster and finely cut celery, moistened with mayonnaise.
6. Sardines and chopped hard-cooked eggs moistened with lemon juice or mayonnaise.
7. Liverwurst, chopped stuffed olives, salad dressing and lettuce. Good on rye bread.
8. Two parts each of chopped cooked chicken and broken walnut meats with one part drained crushed pineapple, moistened with salad dressing.
9. Chopped cooked bacon, peanut butter and mayonnaise.
10. Ground cooked meat, pickle relish or pickled onion, mayonnaise and prepared mustard or horse-radish.
11. Chopped shrimp and celery mixed with shredded pineapple and enough mayonnaise to moisten.
12. Heat dried beef in melted butter in a skillet until the beef curls at the edges.

Hot Deviled Ham Sandwiches

Bake biscuits, split and spread with deviled ham. Serve them piping hot covered with condensed cream soup (asparagus, celery, tomato, etc.) slightly diluted with milk.

Corned Beef and Tomato Sandwiches

Prepare slices of buttered toast. Cover them with sliced corned beef which has been seasoned with mustard or horse-radish and tomatoes seasoned with french dressing. Sprinkle the tops with grated cheese. Broil or bake the sandwiches until the cheese is melted.

Club Sandwiches

Prepare three large square slices of toast. Cover first slice with a lettuce leaf, 3 crisp slices of hot bacon, slices of tomato and 1 tablespoon mayonnaise. Place second slice over first slice and cover it with slices of cold cooked chicken and 1 tablespoon mayonnaise. Place third slice on top and cut the sandwich on the bias.

Hot Roast Beef or Pork Sandwiches

Make sandwiches with plain or toasted bread and slices of roast beef or pork. Serve on hot plates with hot gravy poured over the sandwiches and garnish with a pickle and mashed or french fried potatoes.

Cheese and Egg Sandwiches

1. Cottage cheese, minced green pepper, onion, salt and paprika on whole-wheat bread.
2. Cream cheese, chopped stuffed olives and mayonnaise.
3. Sliced American cheese, thinly sliced fried ham and prepared mustard.
4. Combine one 3-ounce package cream cheese, 3 finely cut uncooked prunes, ½ teaspoon sugar, ¼ teaspoon cinnamon and 1 tablespoon chopped nuts.
5. Chopped hard-cooked eggs, chopped stuffed olives and salad dressing on lettuce and rye bread.
6. Cream cheese with orange marmalade, cranberry jelly, or drained crushed pineapple and salt.
7. Eggs scrambled with minced onion and green pepper and finely chopped ham.
8. Chopped hard-boiled eggs seasoned with salt and mustard and moistened with mayonnaise.
9. Combine 3 chopped hard-cooked eggs, 2 tablespoons green onion, ¼ cup chopped green pepper, ½ cup chopped cucumber, ½ teaspoon salt, and ¼ cup salad dressing or mayonnaise.

Hot Western Sandwiches

4 slices bacon
1 tablespoon chopped onion
2 tablespoons chopped green pepper
4 eggs
¼ cup milk
½ teaspoon salt
Worcestershire sauce

Cook bacon until crisp. Lightly brown onion and green pepper in fat. Beat eggs with milk and seasonings. Add bacon, broken into small pieces. Cook over low heat, stirring constantly, until set. Makes four sandwiches.

Toasted Cheese

Spread two slices of bread lightly with butter. On unbuttered side place slice of cheese. Place second slice of bread over cheese with buttered side out. Put sandwich in skillet and brown on both sides. Do not melt cheese too much.

Novelty Sandwiches

1. Baked beans, chili sauce, thinly sliced onion or pickle.
2. Peanut butter and tart jelly.
3. Blend peanut butter and mayonnaise, spread on whole-wheat bread and top with finely grated carrot.

Broiled Ham Sandwiches

Butter eight slices of bread. Combine 2 tablespoons chopped cucumber pickle with ½ cup grated American cheese and 1½ tablespoons mayonnaise. Slice one-half of square 12-ounce can pork-ham luncheon meat ¼ inch thick. Place meat slices on unbuttered side of bread and spread with cheese mixture. Cover with slice of bread with buttered side out. Put sandwiches in skillet and brown on both sides.

Cheese Sandwiches With Bacon (Open-Face)

Toast four slices of bread on one side. Place slices of cheese on the untoasted sides and spread the cheese with mustard or chili sauce. Cover each sandwich with two slices of bacon. Arrange sliced stuffed olives between the bacon slices. Bake the sandwiches in a moderate oven for 10 minutes or until the bacon is crisp. Serves four.

Tuna Squares

Combine 1 cup grated-style tuna, ½ cup chopped cucumber, 1 tablespoon grated onion, 2 teaspoons lemon juice, ¼ cup chopped green pepper, ½ cup chopped celery, and salt, pepper, and paprika to taste. Moisten with ¼ cup mayonnaise. Spread on bread buttered with lemon butter.

Lemon butter: Cream ½ cup butter, add grated peel of 1 lemon, 1½ tablespoons lemon juice, and 1 tablespoon grated onion.

Pineapple Cheese Wafers

Blend one 3-ounce package cream cheese with 3 tablespoons salad dressing, add ½ cup chopped nut meats and ½ cup drained, crushed pineapple. Spread on crisp crackers or slices of buttered whole-wheat bread. Makes 1½ cups of filling.

Combination Sandwiches

Mix together ¼ cup diced American cheese, 2 tablespoons cream, ¼ teaspoon dry mustard and ¼ teaspoon paprika. Cook this mixture over boiling water, stirring until cheese is melted. Cover and cool. Stir in 1/3 cup ground lunch meat (frankfurters, weiners, bologna, canned lunch meat or left-over cooked meat). Makes sufficient for two large sandwiches.

Mock Chicken Sandwiches

Place contents of 1 can of tuna fish in a strainer and pour 2 cups of boiling water over it. Drain well and combine with well-seasoned mayonnaise. Place between buttered slices of bread. Lettuce leaves may be added.

CANDY

NOTES ON MAKING CANDY

A pan that holds about four times as much as the ingredients used lets the syrup boil without running over.

Sugaring of candy may be avoided by adding 2 or more tablespoons of corn syrup to any recipe. Add water to sugared candy and boil it again.

Most of the following recipes call for syrup to be cooked to the soft-ball stage. Drop a little of the boiling syrup into a cup of cold water. When syrup can be gathered up in fingers into a soft ball that will almost hold its shape, it has reached the soft-ball stage. When the syrup can be gathered into a ball that will hold its shape it has reached the firm-ball stage. When the syrup cracks when knocked against the side of the cup it has reached the brittle or hard-ball stage.

Fudge

2 cups sugar
4 tablespoons cocoa
3/4 cup canned milk
1 tablespoon butter
1 teaspoon vanilla

Mix sugar and cocoa, add milk. Place on stove and stir until sugar is dissolved. Boil to soft-ball stage. Add butter. Remove from stove and let cool. Do not move pan while cooling or fudge will become sugary. When outside of pan is cold, add vanilla and beat until creamy. Pour in buttered pan and allow to harden.

Panocha

3 cups brown sugar
1 cup milk
1 tablespoon butter
1 teaspoon vanilla
1 cup chopped nuts (optional)

Put sugar and milk into a pan and cook to the soft-ball stage, remove from the fire, add butter and vanilla, cool without stirring. When lukewarm, beat until creamy. Stir in nut meats. Pour in buttered pans and when hardened cut into squares.

Divinity

2 cups sugar
½ cup white corn syrup
½ cup water
1 cup chopped nuts
1 teaspoon vanilla
2 egg whites

Boil sugar, syrup, water until a little of the mixture dropped in cold water turns brittle. Pour slowly over stiffly beaten egg whites, add nuts and flavoring. Beat until mixture is creamy. Pour on buttered platter and cut into squares.

Butterscotch

3 cups brown sugar
2 tablespoons corn syrup
4 tablespoons (heaping) butter
2 tablespoons cream
4 tablespoons water
¼ teaspoon salt
1 teaspoon vanilla

Boil sugar, water, corn syrup and butter to soft-ball stage when tested in cold water. Add salt and cream, cook to hard-ball stage. Remove from fire, add vanilla. Pour into greased pan, and cut into squares when cool.

Peanut Butter Candy

½ cup sugar
1 cup brown sugar
1 cup milk
½ cup peanut butter
½ cup coconut
few drops of vanilla

Boil sugar and milk to soft-ball stage. Take off stove and add peanut butter, coconut and vanilla. Beat until creamy. Pour into greased pan and put in a cool place to harden.

Cream Caramels

2 cups sugar
1 cup cream
1 tablespoon butter

Stir and cook above ingredients slowly to soft-ball stage. Remove from fire and cool. Beat until creamy and pour on buttered platter. Cut into squares before it hardens.

Coconut Squares

2 cups sugar
2 tablespoons butter
½ cup milk
1 cup shredded coconut
1 teaspoon vanilla

Combine sugar, butter and milk and stir over hot fire until sugar is dissolved. Then cook slowly and stir constantly until soft-ball stage is reached. Remove from fire and add coconut and vanilla. Beat candy until creamy and pour in a buttered dish. Cut into squares at once.

BEVERAGES

Boiled Coffee

Use 2 level tablespoons all-purpose grind to 1 standard measuring cup of water. (Eggs help to make coffee clear - mix slightly beaten egg with dry coffee, using 1 teaspoon beaten egg to every 2 tablespoons coffee.) Place coffee in pot, add cold water and slowly bring to a boil, stirring occasionally. Immediately remove from heat, add ¼ cup cold water to settle grounds, and let stand in warm place 5 minutes.

Tea

Use fresh boiling water. Use 1 teaspoon or less of tea to a cup of water, according to taste. Add boiling water and steep for 5 to 10 minutes or until it is the desired strength. Do not boil. (Cool for iced tea.)

Cold Water Iced Tea

Fill a quart fruit jar with cold water. Add 2 tablespoons tea. Place the jar in the sun for 2 hours, strain the tea at once, replace it in the fruit jar and keep it in a cold place ready for use.

Cocoa With Evaporated Milk

⅓ cup evaporated milk
½ cup boiling water
1 tablespoon cocoa
dash salt
1 to 2 teaspoons sugar
¼ teaspoon vanilla or 1/8 teaspoon cinnamon (optional)

Mix cocoa, sugar and salt, add water and cook 3 minutes. Stir in milk and heat to boiling but do not boil. Add vanilla or cinnamon. Beat until foamy and serve hot.

Hot Chocolate

2 1-ounce squares unsweetened chocolate
1 cup hot water
3 to 4 tablespoons sugar
dash of salt
3 cups milk

Melt chocolate in water. Add sugar and salt. Cook over direct heat 4 minutes, stirring constantly to avoid scorching. Add milk gradually and heat thoroughly. Beat until frothy just before serving.

Chocolate Syrup

Combine ¼ cup cocoa, 3/4 cup sugar, 1/8 teaspoon salt, and ½ cup water; cook 5 to 7 minutes. Remove from heat and add 1 teaspoon vanilla extract. Store in cold place. Use 2 tablespoons syrup to 1 cup of milk for breakfast cocoa or other chocolate beverages.

Lemonade

1 cup water
1½ tablespoons lemon juice
3 to 4 tablespoons sugar
dash salt

The sugar and water need not be boiled but the quality of the lemonade is improved if they are. Boil the sugar and water for 2 minutes. Chill the syrup and add the lemon juice. Orange, pineapple, raspberry, loganberry, grape juice and other fruit juices may be combined with lemonade. Chilled tea may be added to these combinations in any quantity desired.

Orange Milk Punch

¼ cup orange juice
3/4 cup milk
1 teaspoon sugar

Combine above ingredients and beat well. Chill. Beat again before serving. Serves one.

Eggnog

1 egg
3/4 cup milk
½ teaspoon vanilla
1 teaspoon sugar
1 pinch salt

Beat the egg yolk until thick and lemon colored, add sugar, salt and flavoring. Add milk and shake well. Fold in egg white which has been beaten light but not stiff. Pour into glasses and sprinkle lightly with nutmeg.

HELPFUL HINTS

Cleanliness is one of the foundations for all good cookery. Dishes and cooking utensils should be washed thoroughly with plenty of soap and thoroughly scalded with boiling water before drying.

Oven temperatures for baking:

Slow oven	250° F. to 350° F.
Moderate oven	350° F. to 400° F.
Hot oven	400° F. to 450° F.

For those who have no oven thermometer here is a practical test: Set a pan sprinkled with flour in the oven and if it becomes a delicate brown in 5 minutes, the oven is slow. If the flour turns a medium, golden brown in 5 minutes, the oven is moderate. If the flour turns a deep, dark brown in 5 minutes, the oven is hot.

Grease kettle about 2 inches down from upper edge when cooking fruit or candy and it will not boil over.

Cut hot bread or cake with a hot knife to prevent crumbling.

A large, smooth bottle may be used as a substitute for a rolling pin.

When you have those baking powder biscuits all ready for the oven, press a tiny piece of butter down into the center of each and note the improvement when you eat them.

If soup is too salty, add slices of raw potato, boil and remove potato slices.

To prevent milk from scorching so easily, rinse pan in hot water before pouring in milk to heat.

To prevent cheese from molding, wrap in a cloth wrung out of vinegar. Then roll in paper.

In cooking vegetables, cover those that grow under the ground, leave uncovered those that grow above the ground. Cook vegetables slowly in not too much water.

In using old bacon much of the strong taste disappears if bacon is trimmed closely. Allow bacon to parboil for several minutes in water to which a teaspoon of baking soda has been added to a quart of water. Drain, rinse off and fry.

In using old ham, trim off outside, parboil in water and soda as above, after which boil ham for 5 or 10 minutes in water to which ½ cup vinegar has been added to each quart of water. Drain and cook as desired. Using this method, old ham regains much of its original flavor.

A pinch of soda stirred into milk that is to be scalded will keep it from curdling.

To sour milk: (1) Open a can of milk, let it stand where warm until sour. (2) A teaspoon of vinegar to ½ cup of milk will sour the milk instantly.

By turning pan upside down and placing a cold wet cloth over pan, a cake may be removed without its sticking to the pan.

By setting a dish of water in the oven when the cake is baking, scorching or burning the cake may be prevented.

To brown a custard pie evenly, sprinkle a little sugar over the top before putting into the oven.

If it appears that food has been scorched, lift the vessel holding the food from the fire and allow it to stand in a pan of cold water for a few minutes. In almost every case the scorched taste will entirely disappear. Clean the pan by placing an inch of water in it, adding 1 teaspoonful or more of soda, and heating the water to the boiling point.

In making bread or rolls, put a saucepan of boiling water into the oven. The steam will keep the crust smooth and tender.

Boiling liquids may be turned into glass containers without breaking the vessel if the bowl of a spoon is pressed on the bottom of the container and the hot liquid poured on the spoon.

Tough meat may be made tender by pounding, slow cooking, or allowing it to lie a few minutes in vinegar water. Use ½ cup vinegar to a pint of water to make vinegar water.

An improvised refrigerator for fresh vegetables can be made as follows: Put about 1 inch of water in a large, shallow pan. Place lettuce, celery, etc., in pan. Wring a coarse towel or cloth out of cool water and drape over the top so that the cloth touches the water and there is continual evaporation. This keeps the vegetables moist and cool.

Unused portions of food may be left in the open can if it is covered and stored in a cool place like any other cooked food. Some acid foods, if left in a can, act on the metal of the can and acquire an astringent but harmless taste.

Bulging cans indicate spoilage and contents should not be used. An accumulation of rust on the outside of cans does not harm the contents unless the can rusts through and leaks. Unless a dent has caused a can to leak, the contents of the can are safe to use.

Canned goods should be stored in a dry place, the cooler the better, but not below freezing. Freezing may change the appearance of canned foods but does not change the nutritive value.

COOKING TERM DEFINITIONS

Beat. Blend by mixing thoroughly, using a rapid, rotary motion.

Blend. Mix two or more ingredients until well combined.

Chop. Cut into small pieces.

Combine. Mix ingredients.

Cream. Work shortening with the hand or a utensil until it has the consistency of whipped cream.

Cube. Cut into squares.

Cut. (1) Divide foods with a knife or scissors. (2) Incorporate firm fat, butter, shortening, etc., into dry ingredients with very little blending, permitting the fat to remain in small particles.

Dice. Cut into small cubes.

Dissolve. Liquefy a solid food, melt.

Dot. Place small bits of butter, cheese, etc., over surface of food.

Dust. Sprinkle lightly with flour or sugar,

Fat. Shortening, butter and suet, etc., rendered, also oils.

Flake. Break up in small pieces.

Fold in. Add a beaten ingredient (egg white or whipped cream) to another ingredient without loss of the air incorporated by beating. Heap the lighter on the heavier ingredient and blend lightly with a down-up-and-over motion.

Grate. Reduce to small particles by rubbing on a grater.

Mince. Chop very fine.

Mix. Combine by beating or stirring.

Parboil. Boil food until partially cooked.

Roll. Place on a board and roll with a rolling pin.

Scald. Heat liquid to a temperature just below the boiling point.

Shortening. Any kind of fat suitable for baking.

Shred. Cut into very thin slices or strips.

Sift. Put dry ingredients through a fine sieve or sifter.

Simmer. Cook in liquid that is kept just below the boiling point.

Stock. Liquid resulting from cooking meat, fish or vegetables.

Until set. Until a liquid has become firm.

Whip. Beat rapidly with a utensil so as to incorporate air and increase volume.

FOOD FACTS

How to Use Left-Overs

The secret of success in cooking for one or two depends to a great extent for its solution upon the ability to use left-overs at successive meals. In using surplus food, it is important to supply whatever is lacking. If dry, moisten; if lacking any particular flavor, season well or mix with something that will give it a distinctive and appetizing taste; if food is hard, it needs to be softened.

With left-over meat add, according to your taste, mushrooms, a few slices of potato, an onion or two, small cubes of any kind of vegetable, a few slices of bacon, or a few left-over sausages. If you wish an entirely different dish, take meat left-overs, mix with butter and vegetables, and fry. Bacon and sausage need no fat added for frying.

Any left-over fruit may be utilized for fruit roll by making biscuit dough and rolling the fruit in the dough and baking.

Left-over biscuit dough may be used in preparing meat pie. (See recipe on page 12.)

Left-over cooked cereal may be cut into slices and fried slowly until brown in bacon drippings. Serve with syrup or jelly.

If you have left-over cake, make a sauce and have pudding for the next meal.

Dissolve bits of jelly and jam with a small amount of boiling water and use them for pudding sauces.

Pancake batter combines well with meat, fish or vegetables. Add 3/4 to 1 cup of finely minced left-over food to batter, cook and serve them with cream or other sauce, or gravy, etc.

Stale or dry bread may be used in bread pudding, toast, french toast, cinnamon toast, or stuffing for meat. Bread crumbs may also be used as a substitute for cracker crumbs. To make bread crumbs, place stale bread in a slow oven. When it is dry crush it with a rolling pin and place the crumbs in a covered container.

How to Use One Recipe in Different Ways

Often a full recipe can be made and used in many different ways.

A rich baking powder biscuit dough may be used for shortcakes, toasted biscuits; coffee cake may be made by spreading dough with melted butter, cinnamon and sugar.

Pie dough can be used in making tart shells for meat or dessert, cheese strips for soup or salad, and jam turn-overs for afternoon lunches.

Cake batter may be baked as loaves, layers, sheets or cup cakes, or as cottage pudding, to be served hot with a sauce. A fruit mixture may be added to the batter to make a fruit cake or spices may be added to make a spice cake.

Measurements

All the measurements in this cookbook are level unless otherwise specified.

Be sure to measure amounts correctly, otherwise your cooking may be a failure. For instance, if you have:

Too much flour in a cake, it will cause it to be dry and crumbly, bread will be solid and heavy, and sauces will be thick and pasty.

Too much fat will make cakes oily and may cause them to fall. It will make grease-soaked doughnuts, and greasy gravies and sauces.

Too much sugar will make a cake with a hard crust, or a sticky cake. It makes a soft, sticky jelly.

Too much liquid causes cake to fall easily.

Too much soda gives a disagreeable taste and discolors bread and cake.

Table of Weights and Measures

a few grains, pinch, dash	- less than 1/8 teaspoon
1 teaspoon	- 1/3 tablespoon
1 tablespoon	- 3 teaspoons
4 tablespoons	- ¼ cup
5-1/3 tablespoons	- 1/3 cup
8 tablespoons	- ½ cup
16 tablespoons	- 1 cup
1 cup	- ½ pint
2 cups	- 1 pint (1 pound)
2 pints	- 1 quart (2 pounds)
4 quarts	- 1 gallon (8 pounds)
16 ounces	- 1 pound
1 fluid ounce	- 2 tablespoons
16 fluid ounces	- 1 pint (2 cups)

Substitutes

In place of 1 cup of white flour use 7/8 cup of corn meal, 1½ cups of rolled oats, and 1 cup of graham flour.

In place of fresh cream use undiluted canned milk.

In place of fresh milk use ½ water to ½ canned milk.

In place of fresh eggs use 1 tablespoon of powdered eggs for each fresh egg.

In place of chocolate use 2-2/3 tablespoons of cocoa and ½ tablespoon of fat for each ounce of chocolate.

A Measuring Stick for Your Meals

An adult's daily meals should contain:

Milk. 1 pint. Either as a beverage or as a part of soup, sauce, main dishes, hot cakes, on cereals, desserts, etc.

Fruits and Tomatoes. 1 or more servings of citrus fruits (orange, lemon, grapefruit) or their juices, fresh pineapple, canned pineapple or juice, tomatoes, tomato juice, or any raw fruit or vegetable rich in Vitamin C.

Breads and Cereals. 2 servings of whole grain or products made with enriched flour.

Butter. At every meal.

Vegetables. 1 or more servings of green leafy or yellow vegetables. 2 or more servings of potatoes, other vegetables or fruit. Vegetables may be in stews, salads, etc.

Eggs. 1 each day or at least 3 or 4 a week. May be in pudding, pie or cake, etc.

Meat. Poultry. Fish. 1 or more servings.

Sweets. Add to satisfy the appetite when a sufficient amount of protective foods has been eaten.

Water. 6 to 8 glasses, unless a doctor advises against it.

Guide for Meal Planning

Using the whole day as a unit, and giving the matter a little reasonable thought and interest, it is entirely practical to prepare well-balanced meals from Forest Service rations.

These lists have been compiled to conform, as closely as possible, with the 45 man-day ration list, and are necessarily concerned with canned and nonperishable foods; however, when fresh fruits and vegetables are available, they should be used as their vitamin, mineral content, and roughage values are great.

Growth and Protective Foods Which Help Prevent
Nervous Disorders, Scurvy, Rickets, and Infections

Vitamin A	Vitamin B, B1 or F	Vitamin C	Vitamin D	Vitamin B2 or G
Canned milk	Canned milk	Grapefruit	Salmon	Milk
Milk	Whole grain cereals	Tomatoes	Egg yolk	Meat
Butter	Carrots	Cabbage	Canned milk	Eggs
Cheese	Egg yolk	Sauerkraut		Tomatoes
Eggs	Potatoes	Carrots		Salmon
Carrots	Tomatoes	Peaches		Carrots
Spinach	Cherries	Apples		Onions
Peas	Grapefruit	Pears		Citrus fruits
String beans	Prunes	Blackberries		Potatoes
Corn	Apples	Plums		Lima beans
Sweet potatoes	Blackberries			Navy beans
Peaches	Apricots			Red beans
Prunes	Plums			
Apricots	Lima beans			
Blackberries	Ham			
Plums	Roast beef			
	Navy beans			
	Red beans			

Body Building and Regulating Foods
Muscle, Bone, Teeth

Protein	Lime or calcium	Phosphorus	Iron	Bulk
Milk	Milk	Milk	Egg yolk	Cabbage
Eggs	Cheese	Cheese	Roast beef	Sauerkraut
Cheese	Spinach	Eggs	Peas	Onions
Meat	Lima beans	Meat	Whole grain cereal	Prunes
Fish	Navy beans	Fish	Prunes	Raisins
Cocoa	Red beans	Prunes	Raisins	Apples
Lima beans		Lima beans	Potatoes	Baked potatoes with skins
Navy beans		Navy beans	Lima beans	Water
Red beans		Red beans	Navy beans	Coffee
		Whole grain cereal	Red beans	Blackberries
				Plums
				Lima beans
				Navy beans

Energy Giving Foods

Starch	Sugar	Fats
Macaroni	Syrups	Butter
Rice	Sugars	Cheese
Tapioca	Jams	Lard
Cornstarch	Dried prunes	Bacon
Flour	Dried apricots	All animal and vegetable fats and oils
Whole grain cereals	Cake	
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